



Julie Van Rosendaal's  
**Chickpea &  
Sausage Soup**





## Julie Van Rosendaal's Chickpea & Sausage Soup

- canola or olive oil
- 2 Italian sausages
- 2 garlic cloves, crushed
- 1 jalapeño pepper, seeded and finely chopped (*optional*)
- 1 tsp. cumin
- 1 398 mL (14 oz) can diced tomatoes, undrained
- 1 540 mL (19 oz) can chickpeas, rinsed and drained
- 1 L chicken stock
- squeeze of lime juice
- cilantro (*optional*)
- 1 avocado, peeled and chopped

In a large saucepan or Dutch oven, heat a drizzle of oil over medium-high heat. Add the sausage (squeezed out of its casing) and garlic and sauté until the sausage is cooked through, breaking it up with your spoon. Add the jalapeño and cumin and cook for another minute or two.

Add the tomatoes, chickpeas and stock and bring to a simmer. Reduce heat to medium-low and cook for 30 minutes, until everything is cooked through and the broth has thickened slightly. Add a squeeze of lime, season with salt and pepper and serve hot, topped with fresh cilantro, chopped avocado, and extra lime wedges alongside.

Serves 4