



# A WARMING WINTER SOUP

This winter, keep pain and illness at bay by enjoying anti-inflammatory foods, such as turmeric, an Indian superfood herb in the ginger family. This delicious Moroccan vegetable soup from Beebe's own Chef Miguel Cuevas is scented with turmeric and other exotic spices, and is sure to keep you warm in the colder months.

Cut along the dotted lines and slip this one into your recipe box ... it's sure to be a new favorite!



## Moroccan Vegetable Soup

### INGREDIENTS

- ¼ tsp saffron threads (optional)
- 2 cups onion, roughly chopped
- 1 tbsp garlic, pressed or minced
- 1 ½ tbsp fresh ginger, peeled and chopped
- 2 tsp ground coriander, divided
- ¾ tsp ground turmeric, divided
- ½ tsp cinnamon, divided
- ½ tsp salt, divided
- ⅛ tsp cayenne pepper (optional)
- 4 cups low-sodium vegetable broth
- 1 14.5-oz can diced fire-roasted tomatoes
- 1 can no-salt-added chickpeas, with liquid
- 2½ tbsp maple syrup
- 1 tsp grated lemon zest
- 1 tbsp lemon juice
- 2 cups cauliflower florets
- 5 cups fresh spinach leaves
- ½ cup fresh cilantro, chopped

### DIRECTIONS

- 1 If using saffron, crumble with fingertips in a small bowl and cover with 2 tbsp of hot water. Set aside.
- 2 In a large, 6–8 quart, heavy-bottomed pot over high heat, combine onions, garlic, ginger, 1 ½ teaspoons of the coriander, 1/2 teaspoon of the turmeric, 1/4 teaspoon of the cinnamon, 1/4 teaspoon of the salt, cayenne (if using), and water. Bring to a boil over high heat.
- 3 Reduce heat to medium and simmer until onions are tender and liquid has evaporated, 8–10 minutes.
- 4 Add vegetable broth, tomatoes, garbanzo beans (undrained), maple syrup, lemon juice, lemon zest, and saffron (including soaking liquid), if using. Bring to boil.
- 5 Add cauliflower and cook vegetables until tender, about 5 minutes.
- 6 Add remaining 1/2 teaspoon coriander, 1/4 teaspoon turmeric, 1/4 teaspoon cinnamon, and 1/4 teaspoon salt. Fold in spinach and cook until spinach has wilted and flavors have melded, 3–4 minutes.
- 7 Taste for seasoning, adding additional salt, lemon juice, and/or cayenne pepper. Stir in the cilantro and serve.

