

African Curried Coconut Soup with Chickpeas

Makes 6 servings (7 cups)

2 TB canola oil
1 yellow onion, coarsely chopped
1 red pepper, coarsely chopped
1 jalapeno chili, seeded and finely chopped
2 garlic cloves, finely chopped
1 TB African curry powder *
2 c chicken stock or vegetable broth (prepare using concentrate, cubes, or powder)
1 lb greens, coarsely chopped (such as spinach, kale, collards, mustard greens, or Swiss chard – or mixture)
1 (15 oz) can garbanzo beans (chickpeas), drained and rinsed
1 large tomato, coarsely chopped
1/2 tsp salt, or to taste
Freshly ground pepper, to taste
1 (14 oz) can “lite” coconut milk
3/4 c cooked white or brown rice
2 TB coarsely chopped fresh cilantro or fresh flat-leaf parsley

Heat the oil in a Dutch oven over medium heat. Add the onion, bell pepper, chili, and garlic. Cook, stirring, for about 5 minutes or until softened. Stir in the curry powder.

Add the stock, greens, beans, tomato, salt, and pepper. Bring to a boil over high heat. Reduce the heat, cover, and simmer gently, stirring occasionally, for about 10 minutes. Add the remaining ingredients and stir until warm.

* You can substitute Indian curry powder, if you'd like. However, African curry powder is available online. Or prepare it from scratch using the recipe below, which calls for ingredients you will find in the supermarket.

African Curry Powder (makes 1/3 c)

This is a traditional African recipe for a classic curry spice blend that is the basis of many East African (particularly Tanzanian) dishes. There are many versions of this spice blend; some also contain cinnamon, cardamom, cloves, and black pepper.

2 TB ginger powder	1 TB ground tumeric
1 TB ground coriander	2 tsp cayenne
1 TB ground cumin	2 tsp hot chili powder

Stir together all the ingredients in a small bowl. Store in an airtight jar. If you prefer, begin with whole spices: grind well in a spice grinder or use a mortar and pestle.

from Paulette Mitchell (*The 15-Minute Gourmet*)
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