

A close-up, high-angle shot of a white ceramic bowl filled with Garbanzo Soup. The soup contains large, light-colored chickpeas, diced red tomatoes, and translucent onions. A single slice of lime is placed on top of the soup. Fresh green cilantro leaves are scattered on the right side of the bowl. The bowl is set on a dark wooden surface, and a silver spoon with an ornate handle is visible at the bottom left. The background is dark and out of focus.

BEST SOUP FOR THIS FALL

TRADITIONAL BEAN SOUP RECIPE

GARBANZO SOUP

Pedro Angeles Editor


Spanish cuisine has a huge variety of traditional soups and some of these are transferred from one generation to the next one. For this reason, these Spanish soup recipes bring people closer to the culture of their regions.

The key ingredient of most Spanish soups is a huge variety of vegetables that do not only taste delicious but also can be easily and quickly prepared.

Beans are a very healthy vegetable and they can be easily incorporated not only into cold salads but also into hot soups.

In Spain, white and red beans are used to prepare a wide variety of delicious stews, which are highly appreciated dishes, especially in winter.

Garbanzo soup or bean soup can be mixed with all kinds of vegetables, but our favourite is with red beans, parsley leaves, and cumin to create a wonderfully rich taste.



Beans are excellent sources of dietary fiber, protein, B vitamins, and many other important vitamins and minerals. There is some evidence that they can help reduce blood sugar, boost heart health, and maintain a healthy gut. However beans can cause gas because they contain a particular type of sugar, called an oligosaccharide, that the human body cannot fully digest.

Garbanza soup

This soup is extremely popular in times of economic crisis. You only need few ingredients and they can be found at a low price.

For example, the most expensive ingredient in the recipe is white beans, and all the others are condiments that you can find in your pantry and a couple of vegetables that you can replace according to your personal taste.

Then you will only need a pan and a pot to make the soup, and even if you want you can make the entire recipe in the same pot.

Ingredients

- 300 g cooked beans
- Optional: 150 g cooked chickpeas
- Optional: 100 g elbow macaroni
- 1 liter chicken broth (or water)
- 4 leeks
- 250ml white wine
- 2 garlic cloves
- 4 tablespoons fresh parsley
- 1 teaspoon saffron
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- Optional: Spanish chorizo

Start cooking

Remove the leaves and the roots of the leek and chop it in small pieces. Peel the garlic cloves and chop them. In a saucepan sauté them at medium heat in olive oil for 1 to 2 minutes. Before they get any colour, add leek, salt, and pepper, and turn the heat to a low temperature.

Cook the leek until it gets a soft texture, but prevent them from getting any colour.

Transfer the vegetables from the saucepan into a large pot. Then add white wine and cook until the alcohol evaporates.

Add chicken broth (or water), cook for 10 minutes on medium heat.

If you like a more rich soup you could add the optional elbow macaroni. Add saffron, turmeric, and paprika, mix until dissolved, and cook for 10 more minutes. Then add the cooked white beans, the optional chick peas and/or Spanish chorizo.

Sprinkle the parsley, give it a final mix and serve warm with a thin slice of lemon on top of each soup bowl.

Enjoy with nice people, a good glass of wine or beer and be sure to have a great conversation while eating.