

AUTUMN VEGETABLE SOUP

(by Ellie Krieger, Fine Cooking #101)

- 2 T olive oil
- 3 carrots, diced
- 1 yellow onion, diced
- 2 cloves of garlic, minced
- 2 cups of butternut squash pieces (1/2 inch cubes)
- 1/4 t ground allspice
- pinch of cayenne pepper
- salt
- 1 quart chicken broth
- 1 14.5 oz can of diced tomatoes
- 4 sprigs of fresh thyme
- 2 cups coarsely chopped kale, chard or spinach
- 1 cup canned chickpeas, rinsed well



Heat the oil in a large pot, add the carrots and onion and cook for 5 minutes until they begin to soften. Add the garlic, cook for one more minute, add the squash, cayenne, allspice, salt, and mix well.

Add the broth, tomatoes with their juice, and thyme. Bring it to a boil, cover, reduce the heat to medium and cook for 10 minutes. Add the chard and chickpeas, then uncover and cook for 10 minutes more.

Remove the thyme sprigs and adjust the seasoning before serving.