Caldo Verde

Source: Alejandra Graf, chef and photographer, founder of piloncilloyvainilla.com

This soup is made with chickpeas instead of corn. It is super rich, easy, and perfect for leftovers or for cold days in the winter.

About the Recipe

184 Calories · 9.8 g Protein · 8.7 g Fiber
Lunch

Ingredients

Makes 4 Servings

- 10 green tomatillos, peeled and washed
- 1/4 onion, sliced
- 4 cloves garlic
- 1 c (16 g) chopped cilantro
- 2 c (475 mL) water
- 1 tsp (5 mL) iodized salt
- 1 1/2 c (228 g) cooked chickpeas
- 1 whole serrano chili
- 2 pieces lettuce, shredded
- 4 radishes, chopped
- 1/4 c (4 g) chopped cilantro
- to taste dried oregano
- to taste diced avocado **optional*
- to taste pumpkin seeds **optional*
- to taste baked corn chips **optional*

Directions

1. Put the tomatillos, onion, garlic, cilantro, and water in a large pot. Cover and simmer until the tomatillos are fully cooked (light green and very soft).
2. With a food processor or blender, grind all the vegetables together with the salt.
3. Return to the pot and add the chickpeas and the serrano chili. Slowly cook and if the mixture is very thick, add 1/2 c (119 mL) more water.
4. Serve in a bowl and finish with lettuce, radishes, cilantro, oregano, avocado, pumpkin seeds, and corn chips (optional).

Nutrition Facts

Per serving

Calories: 184
Fat: 2.3 g
    Saturated Fat: 0.3 g
    Calories from Fat: 10.6%
Cholesterol: 0 mg
Protein: 9.8 g
Carbohydrate: 35.1 g
Sugar: 15.8 g
Fiber: 8.7 g
Sodium: 653 mg
Calcium: 90 mg
Iron: 3.6 mg
Vitamin C: 77.8 mg
Beta-Carotene: 1,812 mcg
Vitamin E: 1.6 mg