

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
- to taste pumpkin seeds
- to taste baked corn chips

Directions

- ## Nutrition Facts

Calories: 184

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