

# Caldo Verde

Source: Alejandra Graf, chef and photographer, founder of [piloncilloyvainilla.com](http://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

- ## 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