

Caldo Verde

Source: Alejandra Graf, chef and photographer, founder of piloncillovainilla.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

- green tomatillos, peeled and washed (10)
- onion, sliced (1/4)
- garlic (4 cloves)
- chopped cilantro (1 cup)
- water (2 cups)
- salt (1 teaspoon)
- cooked chickpeas (1 1/2 cups)
- whole serrano chili (1)
- lettuce, shredded (2 pieces)
- radishes, chopped (4)
- chopped cilantro (1/4 cup)
- dried oregano (to taste)
- diced avocado (to taste)
- pumpkin seeds (to taste)
- baked corn chips (to taste)

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 a half cup 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