

Recipes

Community FOOD CO OP

Ybor City Garbanzo Soup

Ingredients

1 can	garbanzo beans	1 Tbsp	paprika
4 c	yellow potatoes, diced	1 Tbsp	ground cumin
1 c	roasted pepper	1 Tbsp	dried thyme
2 c	yellow diced onion	2 tsp	sea salt
2 c	diced celery	10 c	filtered water
1/3 c	olive oil	3 Tbsp	lemon juice
2/3 Tbsp	whole fennel seed		
1/2 Tbsp	Saffron		



Procedure

Steam the potatoes 30 minutes and cool. Saute the onions and carrots in the oil until soft, then add peppers, diced potatoes, beans, herbs and spices. Add vegetable stock or water and simmer for 30 minutes. Add the lemon juice, then chill.

Makes 18 cups, serving 8-10 people.

