

Sopa de Grão

Sopa de grão is a deliciously filling chickpea soup from Portugal.

Ingredients

3 thick slices of bacon, sliced in small chunks
1 can of chickpeas
1 onion, grated
3 cloves garlic, crushed
1 red bell pepper, peeled, seeded, and cut in small cubes
2 carrots, peeled and finely grated
2 sticks of celery, finely grated
1 sweet potato, finely grated
1 small bag of spinach
1 tablespoon ground cumin
1 bay leaf
5 tablespoons olive oil
6 cups water
1 teaspoon of salt
1 pinch of pepper

Instructions

0. Typically, canned chickpeas are already cooked. I like to cook them longer, in the can water, so they get softer. Add the bay leaf.
1. In a large saucepan, fry the small chunks of bacon. Set the bacon aside.
2. In the saucepan, with the bacon fat, add the olive oil over medium heat and cumin.
3. Brown the onion and garlic for 3 minutes, stirring.
4. Add the pepper, celery, potatoes, carrot. Season with salt and pepper.
5. Add the chickpeas.
6. Cook for 25 minutes over low heat.
7. Add the spinach, cook for 3 minutes more.
8. Serve the soup with the small chunks of fried bacon.