



## Slow-Cooker Chicken & Chickpea Soup

Prep time: 20 minutes

Cook time: 4.5 hours

Serves 6

Why we like them: Perfect for a cold night!

### Ingredients:

- 1 ½ cups dried chickpeas, soaked overnight
- 4 cups water
- 1 large yellow onion, finely chopped
- 1 (15 ounce) can no-salt-added diced tomatoes, preferably fire-roasted
- 2 tablespoons tomato paste
- 4 cloves garlic, finely chopped
- 1 bay leaf
- 4 teaspoons ground cumin
- 4 teaspoons paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground pepper
- 2 pounds bone-in chicken thighs, skin removed, trimmed
- 1 (14 ounce) can artichoke hearts, drained and quartered
- ¼ cup halved pitted oil-cured olives
- ½ teaspoon salt
- ¼ cup chopped fresh parsley or cilantro



### Instructions:

1. Gather all the ingredients.
2. Drain 1 1/2 cups chickpeas and place in a 6-quart or larger slow cooker. Add 4 cups water, onion, tomatoes and their juice, 2 tablespoons tomato paste, garlic, bay leaf, 4 teaspoons cumin, 4 teaspoon paprika, 1/4 teaspoon cayenne and 1/4 teaspoon ground pepper; stir to combine. Add 2 pounds chicken. Cover and cook on Low for 8 hours or High for 4 hours.
3. Transfer the chicken to a clean cutting board and let cool slightly. Discard bay leaf. Add artichokes, Shred the chicken, discarding bones. Stir the chicken into the soup.

Contact us at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org); 713-566-6686

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4. Serve topped with 1/4 cup parsley (or cilantro).

**Nutrition Information:**

YIELD: 2 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 247 TOTAL FAT: 9g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 20mg SODIUM: 65mg CARBOHYDRATES: 43g FIBER: 7g SUGAR: 25g PROTEIN: 3g

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