

# LEMON TURNIP & CHICKPEA CHOWDER

Looking for a healthy and delicious dinner ready in 20 minutes? Look no further than this simple Lemon Turnip Chickpea Chowder. Pairing root vegetables like carrots and turnips with bright lemon zest and juice gives this chowder a hearty, slow cooked flavor in the time it takes to cook the turnips through. Great with a garnish of fresh herbs or Greek yogurt.



## Ingredients

- 1 onion
- 2 carrots
- 2 medium turnips
- 2 garlic cloves or 1 teaspoon granulated garlic
- 1 - 15 oz can chickpeas
- 4 ounces coconut milk
- 1 lemon

From your pantry

- 2 teaspoons dried herbs (dill, rosemary, thyme, Italian seasoning, etc.)
- 4 cups broth or water
- Olive oil
- Salt and pepper

### Equipment:

- Large pot

**PREPARATION: 10 MIN**

**COOKING: 15 MIN**

**READY IN: 25 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce.*

1. Wash and dry all produce. Peel and small dice **onions and turnips**. Dice or grate **carrot**. Mince **garlic**. Drain and rinse **chickpeas**. Zest and juice **lemon**.
2. Heat about 1 Tablespoon **olive oil** in a large pot over medium heat. Add onion and carrot. Saute for 5 minutes until softened. Add garlic and **herbs** and saute for another 1-2 minutes. Season with a pinch of **salt and pepper**.
3. Add turnips and stir to mix everything. Add **broth or water** and **coconut milk** and bring to a simmer. Simmer until turnips and lentils are tender, about 10-15 minutes.
4. Add **chickpeas, zest and juice** from the lemon. Taste and season with salt and pepper to taste.
5. At this point you could blend a little if you'd like a smoother soup - add a couple ladles of soup to a blender and puree until creamy or use an immersion blender to puree in pot until desired consistency.
6. Add blended soup back to pot. Taste and adjust seasoning again if needed.
7. Garnish with crispy chickpeas, a little Greek yogurt, some fresh dill, whatever sounds good to you... Serve warm and enjoy!

# Tips, Tricks, and Terms

## Time to Turnip...



It's no secret that fresh, locally grown produce is a bit limited during Minnesota winters... but one vegetable that makes a GREAT winter staple is the turnip. Hearty, delicious, and packed with health benefits, this root vegetable makes a great addition to your dinner table.

Try peeling and slicing turnips into french fry shaped sticks, tossing with a little oil, salt, and pepper and roasting in a 400 degree oven until browning and tender, about 20 minutes. Or peel and dice, mix with a variety of root vegetables (carrots, sweet potatoes, beets) and roast with olive oil, salt and pepper for a winter-themed side dish. Add a chopped turnips to your next batch of mashed potatoes for some extra flavor!

## A little about...

**CHICKPEAS:** also known as garbanzo beans, chickpeas are a legume that is a key ingredient in hummus but also used in soups, stews, and curries and packed with fiber, protein, folate, and iron

**COCONUT MILK:** the solid flesh of the coconut fruit mixed with water (not to be confused with coconut water). While coconut milk is high in fat, it provides protein, fiber, vitamin C, iron, and other vitamins and minerals



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