

# Soup & Salad with Detroit Abloom

## Menu

Fresh Blended Tomato Soup

Chickpea Salad / Cornbread

## Garlic

Packed with vitamin B & C, manganese, selenium, iron, copper and potassium.

The major plant compound or phytochemical in garlic is allicin. Studies have proven that allicin boosts the immune system, combats the common cold, flu, reduce blood pressure & cholesterol levels and may improve dementia and Alzheimer's disease.

## Onions

Until about 20 years ago, all onions for purchase were pungent & potent. Since then they have been bred to be sweeter and larger in size. As a result they have lost some of their healing properties. Studies of present-day commercial onions show that Yellow onions hold the most value, while the Vidalia onion holds the least.

Contains vitamins C, B6, potassium and folate.

The beneficial phytochemical in onions is quercetin, which fights inflammation and reduces cholesterol.

## Tomatoes

Botanically considered a fruit, but normally prepared like a vegetable. Contains vitamin C, K, potassium and folate.

The main phytochemical in tomatoes is lycopene which is proven to improve heart health and reduce certain types of cancer. Tomatoes are a low-glycemic fruit.

The smaller the tomato the more nutritious it is. The darker the color, the more lycopene it has.

## Garbanzo Beans

Also known as a legume, chickpeas provide ample vitamin A, C, E, magnesium, potassium and iron.

One cup of chickpeas has 11gms of protein, and is packed with soluble and insoluble fiber. They contain the phytonutrients of isoflavones, carotenoids and sterols. These help us maintain a healthy weight, supports blood sugar control, benefits digestion, protects against disease.

Canned chickpeas have the same nutritional value, but contain sodium. The canned variety contain the liquid Aquafaba. This is the jelly-like fluid they were cooked in. Aquafaba is only produced by garbanzo beans. It is a starchy liquid that can be used as a binder such as meringue.



# Blender Tomato Basil Soup

**Prep Time** 6 minutes  
**Cook Time** 6 minutes  
**Total Time** 12 minutes

**Servings** 3 cups  
**Author** Sonja

## Ingredients

- 8-10 Roma tomatoes or 2 15 ounce cans of diced tomatoes
- 6 large fresh basil leaves can use one t of dried basil
- 1/2 onion
- 3-6 cloves of garlic
- 2 T olive oil
- 1 t salt
- 1/2 cup almond milk

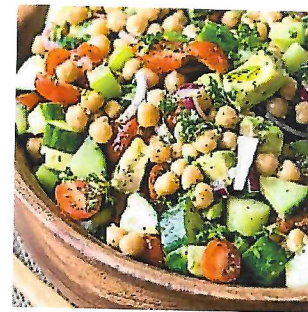
## Instructions

1. *Optional, sauté onion and garlic in olive oil over medium heat until onions are translucent (skip if you want a raw soup, and reduce the amount of onion and garlic, starting small and adding to taste since raw onion and garlic are VERY strong).*
2. Place all ingredients in a high powered blender or food processor until combined. If you want a hot soup, blend for 6 minutes in the Vitamix. This brings the temperature to 120 degrees f. If you want a truly raw soup, don't blend as long. Alternatively, after blending you can warm soup in a pot on the stove top over medium heat, but do not bring to a boil.
3. Serve with a sprinkle of nutritional yeast or Parmesan cheese, additional milk or water if desired, and enjoy!



# Chickpea Salad

PREP TIME	10 minutes
COOK TIME	0 minutes
TOTAL TIME	10 minutes
SERVINGS	6 servings
AUTHOR	Holly N.



4.98 from 139 votes

This beautiful Chickpea Salad combines all of my favorite fresh vegetables in one delicious bite. Chickpeas are combined with juicy tomatoes, refreshing cucumbers and creamy avocados all tossed in an easy homemade lemon kissed dressing.

## Ingredients

- 1 avocado
- 1/2 fresh lemon
- 1 can chickpeas drained (19 oz)
- 1/4 cup red onion sliced
- 2 cups grape tomatoes sliced
- 2 cups cucumber diced
- 1/2 cup fresh parsley
- 3/4 cup green bell pepper diced

## Dressing

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon cumin
- salt & pepper

## Instructions

1. Cut avocado into cubes and place in bowl. Squeeze the juice from 1/2 lemon over the avocado and gently stir to combine.
2. Add remaining salad ingredients and gently toss to combine.
3. Refrigerate at least one hour before serving.

## Nutrition Information

Calories: 238, Carbohydrates: 20g, Protein: 6g, Fat: 15g, Saturated Fat: 2g, Sodium: 259mg, Potassium: 552mg, Fiber: 7g, Sugar: 3g, Vitamin A: 1000IU, Vitamin C: 38.4mg, Calcium: 58mg, Iron: 2.1mg  
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Chickpea Salad <https://www.spendwithpennies.com/chickpea-salad/>

# Chickpea Salad Recipe

**Prep Time:** 10 minutes **Total Time:** 10 minutes

Chickpea Salad loaded with crisp cucumbers, juicy tomatoes, creamy avocado, feta cheese and chickpeas or garbanzo beans. Fresh, healthy and protein packed!

**Author:** Natasha of NatashasKitchen.com

**Skill Level:** Easy

**Cost to Make:** \$6-\$10

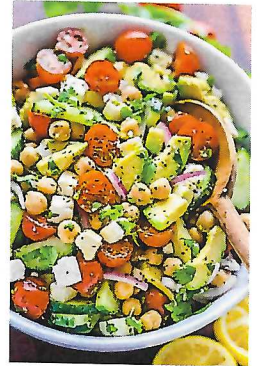
**Keyword:** chickpea salad, garbanzo bean salad

**Cuisine:** American

**Course:** Salad, Side Dish

**Calories:** 302 kcal

**Servings:** 6 as a side salad



## Ingredients

- ✓ 3 Tbsp **extra virgin olive oil**
- ✓ 3 Tbsp **lemon juice** from 1 large lemon
- ✓ 1 garlic clove pressed or minced
- ✓ 1/2 tsp **sea salt** or to taste
- ✓ 1/8 tsp **black pepper**
- 1 1/2 cups cherry tomatoes halved
- 1 English Cucumber halved and sliced
- 15 oz chickpeas or garbanzo beans, drained, rinsed
- 1/2 medium red onion thinly sliced
- 1 avocado sliced
- 1/4 cup cilantro chopped
- 4 oz feta cheese diced

## Instructions

1. Combine the dressing ingredients in a small bowl: 3 Tbsp olive oil, 3 Tbsp lemon juice, 1 pressed garlic clove, 1/2 tsp salt and 1/8 tsp pepper and whisk to combine (or shake them together in a small mason jar).
2. Combine remaining chickpea salad ingredients in a salad bowl, add dressing to taste (we used all of it) and toss to coat.

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