

Slow-Cooked Vegetarian Curried Chickpea Soup

This healthy, Indian-inspired soup benefits from long, medium temperature slow cooking perfect for the Brød & Taylor Slow Cooker. Precise temperature control allows the complex flavors to meld with no danger of overheating to a boil. Quickly prepare the initial ingredients on the stovetop in your favorite pan, then transfer to the Brød & Taylor Proofer & Slow Cooker for true one-pot cooking. Busy cooks can use store-bought curry powder, or for a real aromatic treat, make your own powder with the accompanying instructions.

Yield: About three to four servings.

Timing: 20 minutes preparation and 4-6 hours in the Folding Proofer & Slow Cooker.

Ingredients	Volume	Grams	Ounces
Onion, medium diced	1	200	7
Safflower oil (or another neutral oil)	1 T	15	
Ginger, grated	2 tsp	12	
Garlic cloves, chopped	1	5	
Sweet red bell pepper, chopped	1/4	40	1.5
Homemade curry powder, ground *	2 tsp	4.5	
Tomato paste	1 T	16	
Carrot, peeled & cut in 1/2-inch pieces	1	138	5
Low-sodium vegetable broth (or chicken)	3 C	680	24
Can chickpeas, drained & rinsed	1	425	15
Zucchini, quartered lengthwise & sliced 1/4"	1	190	7
Frozen peas	1/2 C	75	2.6
Fresh cilantro	1 T	800	28
Salt & Pepper	To taste		
Cilantro, chopped (optional)	1 T	4	0.1 oz

*See recipe below.

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, metal 6-quart covered stock pot with short handles and less than 8" / 20 cm tall with lid. Less than 8" / 20 cm will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer & Slow Cooker product (FP-101) may also be used. Set the Proofer to 120 °F / 49 °C and place the metal stock pot directly on the base of the Proofer. Follow the recipe for 195 °F / 49 °C and after soup is ready to enjoy, reduce temperature to 165°F / 74 °C to hold at a warm temperature ready for serving.

Getting Ready. Remove the water tray and rack from the Proofer. Set the Slow Cook Mode and set the temperature to 195 °F / 90 °C.

Combine first 3 ingredients. Heat the oil in stockpot. Then add onion and ginger and lightly simmer on stove top until soft, stirring frequently.

Add ingredients. Add bell pepper and tomato paste stirring to combine. Continue to simmer about 3-5 minutes. Mix in garlic for about 1 minute, then add carrots and combine with seasonings. Add chicken broth and chick peas. Stir well.

Transfer stock pot to Folding Proofer & Slow Cooker.

Covering and Cooking. Cover the stock pot and place the pot directly on the center of the aluminum heating plate in the Proofer. Be sure the water tray and rack have been removed from the Proofer. Close the Proofer and allow the soup to cook for a total of 4-6 hours until soup is flavorful.

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.

Add zucchini. Stir in zucchini and continue to cook just until the zucchini is tender, about 30-60 minutes.

Add final ingredients. Stir in peas and cilantro to taste about 10 minutes before serving. Season with salt and pepper to taste and serve.

Serving. An additional cilantro sprig may be attractive as garnish. This recipe is delicious served with our Brod & Taylor Easy Focaccia.

Optional serving. While the soup broth is thin, the vegetables may be spooned over rice for a hearty dish.

Homemade Curry Powder

Combine all ingredients well.

2T ground coriander
2 T ground cumin
1½ T ground turmeric
2 tsp ground ginger
1 tsp dry mustard
½ tsp black ground pepper
1 tsp ground cinnamon
½ tsp ground cardamom
½ tsp ground cayenne pepper or ground chiles

Store excess curry powder in spice jar.