

Shopping List

Pantry Items

- Olive Oil
- Unsalted butter

Spices & Seasoning

- Turmeric powder
- Black Peppercorns (whole or cracked)
- Cumin powder
- Coriander powder
- 1 preserved lemon
- Kosher salt/Himalayan salt/sea salt

Canned Goods

- 2 29 ounce cans chickpeas
- 2 13 ounce cans full fat coconut milk

Produce

- 1 lb red potatoes
- 2 lemons
- 1 head garlic
- 2 shallots

What You'll Need

4 Tablespoons fat (olive oil, avocado oil, ghee)
2 shallots, chopped 4 cloves garlic, chopped
2 Tablespoon turmeric
1 teaspoon cracked black pepper
1 teaspoon cumin
1 teaspoon coriander
2 29 ounce cans chickpeas, drained and rinsed
1 preserved lemon, rinsed, pulp removed, and rind chopped
2 13 ounce cans full fat coconut milk
2 cups water
1 pound red potatoes, cut into 1-inch chunks
2 lemons, 1 zested and juiced (about 4 ounces juice)
2 Tablespoons unsalted butter (use vegan butter to keep this entirely plant-based)
1 Tablespoon Himalayan pink salt

Jasmine rice for serving

How to make it

In a large Dutch oven, heat oil over medium low heat. Add the shallots and cook 2 minutes, stirring occasionally, until shallots soften. Turn heat to low and add the garlic, continuing to cook and stir until softened.

Add the spices and cook about 2 minutes until fragrant and darkened in color.

Add the chickpeas and preserved lemon and stir until coated in spices. Add the coconut milk and water and stir to incorporate. Add the potatoes. Bring to a boil, then reduce heat and simmer 15 to 20 minutes or until potatoes are tender.

Either using an immersion blender or a stand blender working in batches, puree soup until slightly thickened with whole pieces of potato and chickpeas still visible.

Add the zest from 1 lemon and lemon juice. Add the butter and stir until fully incorporated.

Season to taste with salt, about 1 tablespoon Himalayan pink salt. Serve over rice.

How to freeze: Once cooled, transfer soup to plastic ½ quart containers. Seal and label with date. The stew can be frozen for up to 6 months. To reheat, defrost in the refrigerator. Thin with water and warm over medium low until heated through.