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MILLET SOUP WITH CHICKPEAS

Millet is food for birds, and humans too. This grain has a neutral flavor, and is rich in **magnesium, manganese and phosphorus. It also contains lignans, substances that help regulate female hormones.** It is a great base for salads, soups and even for bread. It is similar to quinoa in terms of flexibility and neutral flavor. Chickpeas are an old acquaintance of those who like hummus, falafel and curry, and those who appreciate their protein potential. The mix of these two ingredients, in this delicious soup, is quite powerful in nutritional terms.

Ingredients

- 1 cup dried chickpeas
- 1 bay leaf
- 1 cup of millet
- 3 tablespoons of extra virgin olive oil
- 1 onion, minced
- 2 garlic cloves, minced
- 2 celery stalks, thinly sliced
- 1 cup of chopped fresh dill leaves and stalks
- Salt (preferably sea salt) and black pepper
- 1 cup of millet
- 5 cups of bone or vegetable broth (homemade), or water
- 3 to 4 tablespoons lemon juice (from 1 large lemon), plus extra wedges for serving
- 1 cup baby spinach or mini sprouts
- Creamy coconut milk to serve

Preparation

1. In a mixing bowl soak the chickpeas in 3 cups of water and 1 teaspoon of baking soda. Drain the water, transfer to a pressure cooker.

2. Add the bay leaf, 3 cups of water (without baking soda) and cook over high heat. When it starts to boil, continue cooking for 8 minutes.
Drain and set aside.

3. While the chickpeas are cooking, heat a large pan over medium-high heat. Add 1 to 2 tablespoons of olive oil along with the onion and stir until soft, for 2 to 3 minutes. Add the garlic, celery, half the dill, salt, and stir until fragrant, for 1 to 2 minutes.

4. Add the millet and broth and bring to a boil. Cover the pan, reduce the heat to medium, and cook, stirring occasionally, until the millet swells and is soft, about 15 minutes.

5. Turn off the stove. Add the chickpeas, lemon juice and season with salt and pepper. Taste and make sure the seasoning is to your liking.

6. Add the spinach, letting the residual heat wilt the leaves.

7. Ladle the soup into bowls, add 1 tablespoon of coconut milk and the remaining dill, and drizzle generously with olive oil.