

Chick Pea Soup – Zuppa di Ceci

300 gr of canned precooked chickpeas (if you buy dry chickpeas soak them in water overnight)

3 diced potatoes

1 tbsp fresh rosemary leaves chopped

1 large onion

3 sausages with low-fat content, cut each to bite size. If they're fatty, boil them first and discard the greasy water then add to the deep saucepan/Dutch oven.

2 tbsp olive oil

2 tbsp flour

Salt to taste.

Pepper

Chop onion and brown in a deep saucepan/Dutch oven with olive oil, add rosemary leaves, precooked chickpeas, and flour. Mix so the flour doesn't stick to the saucepan. Add salt, potatoes, sausage and enough water to cover the chickpeas. Cook on medium heat for 5 minutes and simmer for 15 minutes 'til onion and potatoes are tender. Add water if needed.

Before serving take out ½ cup of chickpeas and blend until creamy, then return sausage and cream to soup add freshly ground pepper.

If you're using dried chickpeas that have been soaked overnight, add more water. Add diced potatoes after 25 minutes. Follow the same process as above.

Cooking time, simmer for 40 minutes. Mix often adding water if needed. Once the chickpeas are tender blend as above.

You can add a few leaves of chard along with the potatoes. Enjoy!