

Chickpea Noodle Soup

Adapted from [Cookie and Kate](#)



- 2 tablespoons extra-virgin olive oil
- 1 medium **onion**, chopped
- 1 cup thinly sliced **celeriac**
- 1 cup **carrots**, peeled and cut into thin rounds (2 medium or 4 small carrots)
- ¼ teaspoon salt, more to taste
- ½ teaspoon ground turmeric
- 1 bay leaf
- 1 can chickpeas, rinsed and drained
- 8 ounces spiral **pasta**
- 2 tablespoons chopped fresh flat-leaf parsley, plus extra for garnish
- 8 cups vegetable broth
- Freshly ground black pepper (optional)

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1. Warm the olive oil in a large soup pot over medium heat. Add the onion, celeriac, carrots and salt. Cook, stirring often, until the onions are turning translucent and softening, about 5 to 7 minutes.
2. Add the turmeric, and stir constantly for about 30 seconds. Add the bay leaf, chickpeas, pasta, parsley and broth.
3. Raise the heat to high and bring the mixture to a simmer, then reduce heat to medium-low, cover and continue simmering until the pasta is pleasantly tender, about 10 to 20 minutes.
4. Remove the pot from the heat and season with pepper (we recommend less to start). Add more salt, to taste, if necessary
5. Serve while hot, with some extra parsley.
6. If you have leftovers, store in the fridge for up to 3 days, or freeze for another day.



Beauty and the Beast. This month's pack features the beautiful Chioggia beets that have their signature candy-cane striped pattern. You'll also find the ...unique... looking celery root, or celeriac. Just remember what the old tale of Beauty and Beast taught us: beauty lies within. Celeriac may be a wee big ghastly to look at, but it shares the well-loved taste of celery!

#localfoodclub

Welcome to the December Local Food Club! Even with the cold weather here, we can still enjoy the wonderful bounty of foods our Headwaters region has to offer! We are lucky enough to have fresh produce all summer long that we often forget that many of our local options are able to be grown or saved through the winter as well.

This LFC we have used a recipe that will put a twist on a cozy family-favourite meal. To get the needed celery taste, **Fiddle Foot Farm** provided us with the unique but tasty celeriac, in addition to the fresh spinach that can be used to make a side salad or add to the soup if you're feeling festively green. **Am Braigh Farm** added the onions, and the beautiful candy-cane striped Chioggia beets. To give the soup some colour and texture, **Reid's Potatoes & Farm Market** supplied fresh carrots. The pasta noodles used are from **Tim & Heather's No Frills**. We're lucky enough to have them carry Italpasta; a Canadian pasta company located in Brampton that uses 100% Canadian wheat. Finally, what's a soup without some mouthwatering carbs to go with it? **Amanda's Country Bakery**, or **Shine Baking Co.** for our allergen-friendly packs, supplied us with their LFC-famous biscuits to finish off the meal. We hope you all enjoy this vegetarian meal as much as us!

We love feedback; it helps us learn, grow and plan for YOU! Together, we are a community of foodies working to support the local food system! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

Introducing kids (and some adults too) to new foods can be tricky – especially when they may not look the most appealing at first. In this recipe, kids may turn up their nose at celeriac, even though it has a familiar and palatable taste. If this is the case, instead of bargaining or forcing them to eat it, gently tell them it is just like celery, but it is their choice if they feel like eating it or picking it out. Kids are more likely to try and accept new foods when there is a pressure-free environment, and when they are paired with other foods they are familiar with (ie. carrots, pasta, buns). Check out the [Ellyn Satter Institute](#) for more information and tips on building healthy mealtime relationships.

From the LFC Test Kitchen

Be careful with adding pepper, we found the soup almost doesn't need any (unless your family likes some spice!) If you used normal broth, you likely won't need to add any salt to the soup either.

Want to add some of the spinach to the soup? Add it at the same time as the noodles.

Nutrition Report

Using chickpeas instead of the usual chicken provides protein with the addition of fibre. The carrots and celeriac add additional fibre for every mouthful.

The rainbow of colours provided in this pack also ensures your body is getting a variety of vitamins, minerals and other nutrients.

this month's local food is from...

Am Braigh Farm
ambraighfarm.com

Fiddle Foot Farm
fiddlefootfarm.com

Tim & Heather's No Frills
nofrills.ca

Reid's Potatoes and Farm Market
reidspotatoes.com

Amanda's Country Bakery
amandascountrybakery.com

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