



## JONES VALLEY TEACHING FARM

# ANCIENT GREEK SOUP

### BACKGROUND:

This recipe accompanies an eighth grade Social Studies lesson, which is taught after students have spent time studying Ancient Greece in their classroom. This lesson is meant to serve as a simple, fun view of some staple foods used in Ancient Greece and provide room for discussion of Greek influences in the world today.

### INGREDIENTS:

- ⇒ 3 large carrots, diced
- ⇒ 1 head of cabbage, cut into small pieces
- ⇒ 2 cloves of garlic, minced
- ⇒ ½ large yellow onion, diced
- ⇒ 6 cups low-sodium organic vegetable/chicken broth
- ⇒ 1 14 oz can of chickpeas (garbanzo beans), drained, rinsed, and peeled
- ⇒ 1 tbsp. olive oil
- ⇒ 2 tsp. garlic salt
- ⇒ Salt and pepper, to taste
- ⇒ 1 baguette

### INSTRUCTIONS:

1. Heat oil in a pot over medium heat. Add onion and garlic and saute for 3-5 minutes.
2. Add carrots, cabbage and garlic salt to the pot. Cook for another 5 minutes.
3. Add chickpeas and broth to pot. Bring to a boil, then reduce to low heat. Place a lid on the pot and simmer for 10-15 minutes, or until carrots become tender. Add salt and pepper to taste.
4. Cut baguette into individual pieces while the soup simmers.
5. Salt and pepper to taste. Serve soup hot with a baguette!

