**Spicy Chickpeas and Spinach Soup**

Serves 4

**Soup**

**1 tbsp of vegetable oil**

**1 finely chopped onion**

**2 crushed garlic cloves**

**1 tsp cumin**

**2 tsp curry powder**

**1 tsp chilli powder**

**400g drained canned chickpeas (make sure you rinse them!)**

**400g chopped tomatoes**

**500ml of vegetable stock (check the packet for sugar!)**

**100g of chopped spinach (no stalks!)**

**pepper**

**Mint Dressing**

**100g natural yoghurt**

**2 tbsp of chopped fresh mint**

**pepper**

**1. Heat the oil and sauté onion until it starts to soften**

**2. Add garlic, cumin, curry & chilli powder & cook for about a minute. Keep stiring.**

**3. Add chickpeas, tomatoes and stock and season to taste. Bring to the boil and then simmer for 15 mins.**

**4. For the mint dressing, mix the ingredients together and chill.**

**5. Add the spinach to the soup and cook for a couple of minutes. Serve with a little of the mint dressing on the top :)**