

DINNERLY



Easy Clean Up! Moroccan-Spiced Chicken Soup

with Spinach & Chickpeas



20-30min



2 Servings

If you're ever feeling "blah," this hearty bowl of soup can fix that. Ground chicken, chickpeas, spinach, and onions couldn't have found a happier home in this tomato-based soup. But what really takes it over the edge is warming baharat, an all-purpose Middle Eastern spice blend you might end up putting in everything. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 10 oz pkg ground chicken
- ¼ oz baharat spice blend ¹
- 15 oz can chickpeas
- 8 oz tomato sauce
- 1 pkt turkey broth concentrate
- 5 oz baby spinach

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- medium pot

ALLERGENS

Sesame (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 16g, Carbs 54g, Protein 47g



1. Cook onions & chicken

Finely chop **onion**. Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a medium pot over medium-high until shimmering. Add **onions** and **chicken**; season with **salt** and **pepper**. Cook, breaking up meat into smaller pieces, until onions are softened and chicken is lightly browned and cooked through, 4–5 minutes.



2. Simmer soup

Add **chopped garlic** and **baharat spice**; cook, stirring, until fragrant, 1–2 minutes. Add **chickpeas and their liquid**, **tomato sauce**, **turkey broth concentrate**, and **1 cup water**; bring to a boil. Reduce heat to medium-low and simmer until slightly thickened and flavors have melded, about 10 minutes.



3. Add spinach & serve

Stir in **spinach** until just wilted.

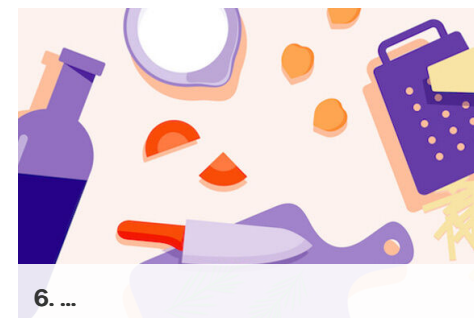
Season **Moroccan-spiced chicken soup** to taste with **salt** and **pepper** and serve. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!