

Slow Cooker Butternut Squash Soup with Maple Roasted Chickpeas

Soup Ingredients:

- 1 chopped yellow onion
- 3 medium carrots, peeled and chopped
- 1 medium butternut squash, chopped into 1-inch cubes
- 1 peeled and chopped Granny Smith apple
- 32 oz vegetable broth
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 2 tbl. maple syrup
- Salt and pepper to taste

Maple Roasted Chickpeas:

- 1 can garbanzo beans (chickpeas), de-skinned
- 1 tbl. canola oil
- 1 ½ tbl. pure maple syrup
- 1 tbl. brown sugar
- ¼ tsp. ground cinnamon
- ⅛ tsp. salt



For the Soup:

1. Add the onion, carrots, butternut squash and apple to the Crock-Pot® Express Crock Multi-Cooker
2. Pour vegetable broth over ingredients
3. Using the “Steam” setting, cook for 8 minutes
4. Once vegetables are cooked, puree the soup using a blender
5. Add the cinnamon, nutmeg, maple syrup, and salt & pepper to taste

Maple Roasted Chickpeas:

1. Preheat oven to 375 degrees F
2. Place chickpeas on a large baking sheet
3. Combine canola oil, maple syrup, brown sugar, cinnamon and salt
4. Pour mixture over chickpeas and toss until well-coated
5. Bake for 40-45 minutes, stirring every 15 mins.
6. Remove when chickpeas are crunchy
7. Pour soup into bowls and garnish with maple roasted chickpeas
8. Enjoy!