

Chickpea Soup with Lemon and Herbs

Swick

Makes 6 servings | Active Time: 45 minutes | Total Time: 2 hours 20 minutes

Chef's Notes

Add finely chopped herbs of your choice, such as rosemary, thyme, and sage. Others can be used, too. These can be used singularly or in combination. Fold in the herbs in the last step, just as you remove the soup from the heat.

Step 1: Make the Soup

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| <ul style="list-style-type: none">• 1 pound dried chickpeas, soaked overnight, rinsed, and peeled (or four 15-ounce cans low-sodium chickpeas, drained)• 1 medium onion, coarsely chopped• 1 garlic clove, minced• 1 bay leaf• 1/2 cup extra-virgin olive oil, plus more for serving• Salt and pepper (optional)• Juice of three lemons, for serving | <p>If using dried chickpeas: Place soaked and rinsed chickpeas in a pot with just enough water to cover; bring to a boil. Remove from heat, drain, rinse, and put into a clean pot.</p> <p>Add onion, garlic, bay leaf, and olive oil, and enough water to cover the ingredients. Stir to combine. Bring to a boil; then simmer for about 2 hours, or until chickpeas are soft.</p> <p>If using canned chickpeas: Place the drained chickpeas in a pot and add onion, garlic, bay leaf, and olive oil, and enough water to cover the ingredients. Stir to combine. Bring to a boil, then lower heat and simmer for 30 minutes; add a few tablespoons of water at a time to thin the soup as needed.</p> <p>Remove from heat and discard bay leaf. Add salt and pepper to taste. Serve with generous drizzles of lemon juice and olive oil.</p> |
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