

TUSCAN CHICKPEA SOUP

From the AICR Test Kitchen

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This surprisingly easy soup is both light and filling and perfect for a cool spring day. This dish is a warm comfort, reminiscent of the Tuscan countryside; with fresh herbs and hearty chickpeas you can enjoy this soup in as little as 30 minutes, anytime, anywhere.

Ingredients

- 2 cans (15 oz.) chickpeas, rinsed and drained
- 2 large whole garlic cloves, peeled
- 1 can (14 ¼ oz.) reduced-sodium vegetable broth
- 2 tsp. extra-virgin olive oil
- 2 cups water
- 1 medium onion, chopped
- 2 Tbsp. tomato paste
- 1 tsp. chopped fresh rosemary
- Salt and freshly ground black pepper
- 2 tsp. extra-virgin olive oil, for garnish (optional)
- 1 tsp. lemon juice (optional)
- 2 ½ Tbsp. minced flat-leaf parsley, for garnish (optional)

Instructions

1. Place chickpeas and garlic in large saucepan. Pour broth and 2 cups cold water into pot. Add liquid to pot and over medium-high heat, bring to a boil. Reduce heat and simmer, covered, until beans are very soft, 20 minutes. Let the soup sit 10 minutes to cool slightly.
2. Meanwhile, heat oil in small skillet over medium-high heat. Add onion and cook, stirring often, until onion is soft, about 5 minutes. Transfer mixture to blender.
3. Add chickpeas, garlic, liquid, tomato paste and rosemary. Purée until smooth. This may need to be done in 2 batches. Make soup smooth or leave some texture, as you prefer. Season to taste with salt and pepper.
4. To serve, ladle soup into bowls. Garnish each either by drizzling ½ -teaspoon of olive oil over the soup, or by mixing in 1 teaspoon lemon juice. Sprinkle with parsley.

Makes 6 servings (1 cup per serving)

Nutritional information per serving (6 servings)

- Calories: 142
- Total fat: 3g
- Saturated fat:: less than 1g
- Total carbohydrate: 21g
- Protein: 8g
- Dietary fiber: 5g
- Sodium: 372mg

