





Cretan Chickpea Soup

 Michelle Paris



 6 Servings  PREP: 10 mins  COOK: 1 hr 30 mins

 Soup, Vegetarian

Ingredients

3 cans garbanzo beans, rinsed

1 1/2 large onion, diced

2 fruit lemons, zested and juiced

2 tsp baking cornstarch

1/2 cup olive oil

pinch fresh thyme

Salt and pepper, to taste

2-4 cloves garlic (or to taste), minced or sliced

1 bunch Italian parsley, chopped

8 cups condiment chicken stock, or use chicken base and water

Directions

Sauté onions in oil. Add garlic and sauté another minute or two. Add chicken base, water and beans. Bring to a boil. Whisk lemon juice and cornstarch together. Add to soup and whisk to combine, cook out cornstarch. Season with salt, pepper and thyme to taste. Garnish with fresh minced parsley.

Notes

Other add-ins: rice, quinoa, couscous, orzo, chicken, sausage, Parmesan cheese