



Chickpea Soup



Ingredients



- 3 Tbsp. olive oil
 - 2 cloves garlic, minced
 - 1/2 Tbsp. thyme
 - 1/2 tsp. red pepper flakes
 - 1, 15 oz. can cooked chickpeas, drained and rinsed
 - 2-3 cups vegetable broth
 - Kosher salt, to taste
 - Sherry vinegar to taste (optional)
- Yield: 2 cups
Serving Size: 1 cup



Directions



1. Add 2 Tbsp. olive oil, garlic, thyme, and pepper flakes to a large saucepan. Cook over medium heat, stirring occasionally, until it begins to sizzle.
2. Add the chickpeas and cook 2 more minutes, stirring occasionally.
3. Add broth and bring to a boil.
4. Reduce heat and simmer 30 minutes. Add remaining Tbsp. of olive oil. Blend until smooth. Season to taste with salt and sherry vinegar (if using).

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Use a blender to blend the soup. Be careful if your soup is still hot, as the steam could make the lid come off of the blender.
- Blending is not necessary, so if a blender is not accessible, just skip that step!

Nutrition Facts



Nutrition Facts	
2 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	380
<small>% Daily Value*</small>	
Total Fat 25g	32%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 16g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 31g	11%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.6mg	20%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

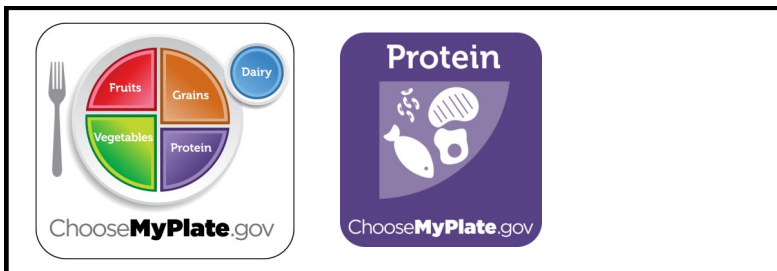
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