RECIPE

Greek-Style Lemony Chickpea Soup with Spinach

A thin, bright Greek-style chickpea soup for lunch: onion softened in measured olive oil with rosemary and oregano, chickpeas simmered in water, spinach wilted in and the lemon stirred in off the heat, a slice of whole-wheat bread beside the bowl.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 3 tbsp olive oil
- [ ] 1 large onion, chopped
- [ ] 1 tsp dried rosemary, crushed
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] 2 cans (15 oz each) no-salt-added chickpeas, rinsed and drained
- [ ] ½ tsp salt
- [ ] ½ tsp black pepper
- [ ] 3 cups fresh spinach
- [ ] ¼ cup fresh lemon juice, about 1½ lemons
- [ ] 4 slices (32 g each, 128 g) whole-wheat bread, one beside each bowl
- [ ] 4 cups water

Method

1. Pour the olive oil into a big soup pot set over medium heat. When it shimmers, put in the onion, rosemary and oregano and stir for 8 minutes, until the onion turns soft and clear.

2. Stir in the garlic powder and cook 30 seconds. Add the chickpeas, the salt, the pepper and 4 cups of water. Bring it to a boil, then lower the burner so it barely bubbles.

3. Simmer, partly covered, 25 minutes, until the broth has turned a little cloudy from the chickpeas and the onion has nearly melted away. The chickpeas are already cooked, so the time is for the flavours to meet; at 5,000 feet water boils near 203 °F and we have not lengthened it because nothing here is raw (our kitchen practice).

4. Stir in the spinach and cook 2 minutes, until it has wilted. Take the pot off the heat and stir in the lemon juice; adding it off the heat keeps the lemon bright.

5. Ladle into 4 bowls, about 1⅔ cups each, with a slice of whole-wheat bread beside each.

6. Cool leftovers in shallow containers within 2 hours (within 1 hour if the kitchen is above 90 °F), then refrigerate. Reheat to a boil, stirring, or to 165 °F; the broth is thin, so add no more than a splash of water if it has reduced.