

Greek Lemon Chickpea Soup (Quick Avgolemono-Style)

Servings: 2

Prep time: 5 minutes

Cook time: 15 minutes

Total time: 20 minutes

Ingredients

1 can chickpeas, drained

2 cups vegetable or chicken broth

1 egg

Juice of 1 lemon

¼ cup rice

1 tbsp olive oil

½ tsp salt

Instructions

1. Cook the rice

Bring broth to a boil. Add rice.

Simmer uncovered for 10 minutes.

2. Blend chickpeas

While rice cooks, blend chickpeas with ¼ cup broth until creamy.
(Or mash with a fork for chunkier soup.)

3. Add chickpea puree

Stir into the pot. Simmer for 2 minutes.

4. Temper the egg

In a bowl, whisk the egg + lemon juice.

Slowly add ¼ cup hot soup to the egg mixture while whisking continuously.
This prevents scrambling.

5. Add egg mixture to pot

Turn heat to low. Pour the tempered egg mixture into soup.
Stir gently for 1 minute.

6. Finish

Add olive oil and salt to taste.

Notes / Tips

AMAZING with warm pita or garlic naan

Add spinach or dill for freshness

For thicker soup: add more chickpea puree

Gluten-free & high protein

Optional add-ins: rice noodles, roasted veggies, tofu