

# 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