



Chickpea + Rice Soup

SERVINGS

6

A hearty, comforting soup that's super-simple to whip up on a chilly day.

RECIPE SOURCE

PREP TIME

15 MIN

COOKING TIME

25 MIN

TOTAL TIME

40 MIN

Ingredients

8 cups vegetable broth
 4 carrots, thinly sliced
 4 celery stalks, chopped
 1 yellow onion, diced
 1 1/2 cups cabbage, chopped
 1 can chickpeas
 3/4 cup basmati rice
 1 teaspoon dried thyme
 1 teaspoon black pepper
 1/2 teaspoon garlic powder
 2 leaves curly kale, ribbed and chopped
 1/8 teaspoon cayenne pepper (optional)
 1 tablespoon fresh lemon juice

Cooking Instructions

1. In a large Dutch oven or pot, combine the broth, carrots, chickpeas, celery, onion and rice. Simmer over medium-high heat, then reduce heat and simmer for 20 minutes, or until the rice is cooked.
2. Add thyme, pepper, cayenne, lemon juice, garlic powder and curly kale. Add more salt and pepper to taste.

Nutrition Facts

Amounts Per Serving

Calories 133

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 944mg

Total Carbohydrates 26g

Dietary Fiber 5g

Sugar 6g

Protein 5g

Vitamin A 12156IU

Vitamin C 37mg

Calcium 102mg

Iron 2mg

Phosphorous 111mg

Potassium 498mg

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Recipe Tags

vegan vegetable american
 dinner lunch