Chickpea Lemon Rosemary Soup

Amount 4 servings (makes 6 cups of soup)

Ingredients

- 2 1/2 cups cooked chickpeas (2 15-oz cans)
- 1/4 cup olive oil
- 3 cups diced onions
- 4 cups water
- 1 tbsp minced rosemary, plus 1 tsp
- 1 tsp salt
- freshly ground black pepper
- 1/4 cup lemon juice
- High quality extra-virgin olive oil for drizzling
- Rosemary sprigs for garnish

Steps

1. Saute onions, lightly seasoned with salt and freshly ground black paper, in olive oil until onions soften and start to turn golden.
2. Stir in peeled chickpeas, water, and 1 Tbsp. rosemary. Bring to a boil, turn down heat, and simmer for 30-40 minutes until onions are meltingly soft and flavors have melded together.
3. Puree soup until smooth with stick blender (aka bzzjjjghsdfasdj), food processor, or blender. Stir in lemon juice, 1/2 tsp. salt, and 1 tsp. rosemary. Taste and add salt, lemon juice, or rosemary, as needed. If soup is too thick, add more water until it’s the texture you prefer.
4. Ladle into bowls, drizzle with olive oil, and garnish with rosemary sprigs.

Notes

Crushed dried rosemary can be used if fresh not available. If you’re really ambitious, peel the chickpeas for an extra-smooth texture (I did not).