

Chickpea and Kale Tuscan-Style Soup

This simple and speedy soup is ideal for preparing in large quantities to enjoy throughout the week for lunches. This soup is packed with vegetables and chickpeas, making it a great source of protein and fiber.

SERVES: 4

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 cup carrot, diced
- 1 cup celery, diced
- 1 cup onion, finely diced or 1 medium onion
- 4 cloves garlic, minced
- 1 tsp kosher salt or more to taste
- 1/2 tsp black pepper or more to taste
- 1/2 tsp crushed red pepper flakes (optional)
- 4 cups low sodium chicken broth
- 1 bay leaf
- 1 tsp dried thyme
- 1, 4.5 ounce can diced tomatoes (undrained)
- 2, 15 ounce cans chickpeas, drained and rinsed
- 1 bunch kale, ribs removed and loosely chopped
- 2 Tbsp fresh lemon juice from 1 lemon



Directions

1. Heat oil in a pot over medium heat. When hot, add the onions, carrots, celery, garlic, salt, pepper, and crushed red pepper. Cook, stirring often, until tender, about 7 minutes.
2. Add in the broth, thyme, bay leaf, tomatoes, and chickpeas. Stir to combine and increase the heat to bring to a boil. Once boiling, reduce heat to a simmer, cover, and cook for 15 minutes.
3. After 15 minutes of cooking, add the kale and stir to combine. Cover and continue cooking until the beans are very tender and the kale has wilted, 10 to 15 more minutes.
4. Remove the bay leaf. Using an immersion blender, partially blend the soup leaving plenty of beans and veggies for texture. (Alternatively, transfer about 1.5 cups of the soup to a food processor or blender and blend until smooth. Return the puree to the soup and stir to combine).
5. Stir in the lemon. Taste the soup and add salt and pepper, if needed.

Source: TheDefinedDish.com