



Asparagus Chickpea Soup

A light, easy to make, tasty soup for a cold day! Feel free to get creative with soup toppers or dippers.

Ingredients:

- 1 bunch asparagus (about 1 pound)
- 3 cloves garlic, minced
- 4 cups vegetable or chicken stock
- 15 oz can chickpeas (a.k.a. garbanzo beans), rinsed and drained
- 1/2 cup flat-leaf parsley leaves
- 1 teaspoon sea salt, plus more to taste (may use less, if making with store bought broth)
- 2 tbsp extra-virgin olive oil
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 1/4 tsp freshly ground black pepper

Instructions:

1. Rinse asparagus. Trim the asparagus stalks by snapping or peeling them. Cut off the asparagus tips (top 1 to 2 inches) and set them aside. Roughly chop the asparagus stalks and set them aside separately.
2. Mince the garlic and set it aside.
3. In a medium saucepan bring the broth to a boil. Add the asparagus stalks, 1/3 of the garlic, chickpeas, and salt. Simmer until the asparagus is very tender, about 5 minutes.
4. Meanwhile, mince the parsley and combine it with the reserved garlic, olive oil, lemon juice, lemon zest, and pepper. Add salt to taste and set aside.
5. In a food processor or blender or with a hand-held blender, whiz up the soup until smooth.
6. Return the soup to pot and bring it to a boil. Add the reserved asparagus tips, reduce heat to maintain a simmer, and cook until the tips are tender, about 3 minutes. Add salt to taste. Serve the soup hot, with a drizzle of garlic-parsley mixture swirled on top of each bowl.

