

When Life Gives You Chickpeas

From : Josephene Dertinger | Prep Time: 30 Minutes | Cook Time: 2 Hours



Directions

- Remove 6 teaspoons lemon zest and squeeze 1½ cups lemon juice from the lemons; reserve zest for serving. In a large stockpot, combine lemon juice and the next seven ingredients (through salt). Bring to a boil; reduce heat and simmer uncovered for 5 minutes.
- Using an immersion blender, partially blend the soup, leaving some large chunks for texture. (Alternatively, transfer about 6 cups of soup to a blender, blend until smooth, and return to the pot.)
- Stir in kale and maple syrup. Bring back to a boil, then reduce heat and simmer uncovered for 3 minutes, or until kale is wilted.
- Roast or sauté the bell peppers separately, then add to the soup before serving, or use as a colorful topper.
- Garnish each serving with reserved lemon zest.

Ingredients

- 6 to 9 lemons
- 12 cups low-sodium vegetable broth
- 6 (15-ounce) cans no-salt-added chickpeas, rinsed and drained (about 9 cups)
- 6 tablespoons tahini
- 18 cloves garlic, minced
- 3 tablespoons chopped fresh thyme (or 1 tablespoon dried thyme)
- 3 teaspoons freshly ground black pepper
- ¾ teaspoon sea salt
- 12 cups chopped kale
- 6 tablespoons pure maple syrup
- 2 red bell peppers
- 2 yellow bell peppers
- 2 orange bell peppers

Toppers/Sides

- Mini pita bread

Notes

This soup gets brighter and more flavorful after sitting overnight. Taste before serving and add additional lemon juice if desired.

