

02/19/2026

## Greek Chickpea Soup (vegan & gluten-free)

Prep time: 15 mins

Cook time: 27 mins

Serves: 6



### Ingredients

- 45 ounces chickpeas 3 (15 ounce cans)  
drained and rinsed
- 1 yellow onion diced
- 2 carrots peeled and diced
- 3 celery stalks diced
- 4 cups vegetable broth
- 2 lemons juiced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon oregano
- 2 bay leaves
- 1 cup spinach leaves chopped

## Directions

1. Dice the onions, celery, and carrots
2. Add olive oil to a large pot over medium heat. Add the diced onions. Stir and sauté for 2–3 minutes or until the onions are translucent.
3. Add the carrots and celery, and cook for an additional 3–5 minutes.
4. Add the salt, pepper, garlic powder, and onion powder. Stir to combine.
5. Add the vegetable broth, 2 cans of chickpeas, oregano, and bay leaves. Bring to a boil. Reduce the heat, cover, and allow to simmer for 30 minutes.
6. Remove the bay leaves.
7. Add the remaining can of chickpeas to a food processor and pulse a few times until a crumbly texture forms. Transfer to the soup pot. Stir to combine. Alternatively, you can add the remaining can of chickpeas to the soup pot, and use an immersion blender to partially blend the chickpeas. You want about  $\frac{2}{3}$  of the chickpeas whole and  $\frac{1}{3}$  of the chickpeas blended.
8. Add the chopped spinach and fresh lemon juice. Stir to combine. Remove from the heat, and allow the spinach to wilt before serving.

Optional: Top with chopped parsley or fresh dill.