

Cream of Chickpea Vegetable Soup

Prep to table: 40 minutes | Serves: 5 to 8

Chickpeas are the hard working heroes of our culinary age. Their presence in my pantry has rescued many a spare parts dinner, and even manifested party dips out of barren shelves. Here, nutritional yeast and cauliflower showcase chickpea's creamy sensibilities, so no extra cream or dairy needed here ladies and gentleman. Loaded with vegetables, this soup treats body, mind, and spirit to a warm hug of nourishment. I love serving this soup with avocado toast to complete the California inspired scene.

1 tablespoons olive oil, plus more for drizzling
1 medium yellow onion, chopped
3 stalks celery, chopped
3 carrots, peeled and chopped
5 garlic cloves, minced
1 teaspoon paprika
¼ cup nutritional yeast
1 large cauliflower, chopped
2 (15-ounce) cans chickpeas, drained and rinsed
6 cups vegetable broth (less for a smaller cauliflower)
1 Tablespoon soy sauce
Salt
Freshly ground black pepper
1-2 Tablespoons lemon juice

Serving suggestion

Diced avocado
¼ cup green onions, thinly chopped
Crusty bread

Sauté the olive oil, onion, celery, carrots, and a pinch of salt in a large soup pot over medium heat for 6 minutes. Add the garlic, paprika and nutritional yeast, and sauté for 2 more minutes.

Add the cauliflower, chickpeas, vegetable broth and soy sauce and bring to a boil over medium-high heat. Decrease the heat and simmer for 15-20 minutes or until all the vegetables are soft.

Season with salt, black pepper, and lemon juice as needed.

Top with diced avocado, and chopped green onions and serve with crusty bread. In other words, serve with avocado toast, deconstructed if you like.

Easy ingredient swaps

Grated Parmesan cheese for the nutritional yeast
Tamari for the soy sauce (for a gluten-free soup)

