

Chickpea and Celery Soup with Chile-Garlic Oil



Source: www.bonappetit.com

Prep **Cook** **Total**
10 min 20 min 30 min

Yield: 3 servings

Serving: 3

Celery is so good for you and it is a shame that the tops are often discarded (consider adding them to your salad when not making soup). Rich in phosphorus, calcium and potassium and almost 1/2 your daily fiber needed.

Ingredients

- 3 tablespoons **extra-virgin olive oil** *divided*
- 1 **red chile** (such as Fresno) *seeds removed, finely chopped*
- 3 **garlic cloves** *finely chopped*
- 1 teaspoon **sea salt**
- 1 medium **onion** *finely chopped*
- 2 **celery stalks** *finely chopped, plus celery leaves from 1 bunch*
- 4 cups **low-sodium chicken stock** *or broth*
- 1 **15.5-ounce can chickpeas** *rinsed, drained*
- ½ cup **whole-milk Greek yogurt** *room temperature*
- 1 cup **cilantro leaves with tender stems**
- 1 **lemon** *halved*

Directions

Heat 1-1/2 Tbsp. oil in a medium pot over medium. Cook chile and garlic, stirring often, until garlic is golden brown and crisp, 3–5 minutes. Transfer to a small bowl (with oil). Season with a pinch of salt; set aside.

Wipe out pot. Heat remaining 1-1/2 Tbsp. oil over medium. Add onion and celery stalks, season with salt, and cook, stirring occasionally, until softened but not browned, 5–7 minutes. Add stock, increase heat to medium-high, and bring to a boil.

Reduce heat to medium-low, bring to a simmer, and add chickpeas. Continue to cook until chickpeas are warmed through and creamy but not mushy (this won't take long since the chickpeas are already cooked), about 5 minutes. Season with salt if needed

Meanwhile, stir yogurt and a pinch of salt in a small bowl. Mix cilantro and celery leaves in a medium bowl and squeeze lemon halves over. Toss to coat.

Divide soup among bowls. Add a dollop of yogurt, then top with cilantro-celery salad and reserved garlic-chile oil.

Nutritional Information

Amount Per Serving (3 Servings)

Calories: 459 Protein: 22 g Sugar: 11 g Carbohydrate: 48 g Fat: 22 g Cholesterol: 6 mg Sodium: 1145 mg Fiber: 12 g