

Cruciferous

by Joy Manning

Chickpea in the Style of Chicken Soup

Make this soup when you're feeling under the weather, or make some and freeze it for when you or someone you love gets sick. If you don't have nutritional yeast, feel free to omit it and use 8 cups of vegetable stock instead of the water. Feel free to stir in some cooked small pasta before serving to make it a chickpea noodle soup.

Makes about 3 quarts

¼ cup olive oil
2 onions, chopped
3 stalks celery, chopped
1 carrot, chopped
6 cloves garlic, chopped
1 teaspoon salt
1 teaspoon dried dill
½ teaspoon ground black pepper
½ teaspoon turmeric
3 cups cooked chickpeas (or two 15-ounce cans, drained)
8 cups water
¼ cup nutritional yeast
1 cup green peas (thawed if frozen)

Warm the olive oil in a large soup pot over medium heat. Add the onions, celery, and carrot and cook until softened, about 8 to 10 minutes. Add the garlic, salt, dill, black pepper, and turmeric and cook until fragrant, about 1 minute more.

Add the chickpeas, water, and nutritional yeast and bring to a boil. Reduce to a simmer and cook on low, partially covered, for 30 minutes. Off heat, add the green peas.