

# Traditional Greek Chickpea Soup

Printed from Chickpea Recipes at <http://www.chickpearecipes.co.uk/>

*This velvety smooth soup is almost like a broth. It's full of flavour and is very comforting, but the amount of olive oil in the soup may put some people off. Keep in mind that the Greeks are considered to be one of the healthiest peoples in the world, even though their diet is full of oil - but if you want to reduce the oil in the recipe feel free.*

## Ingredients:

150ml extra-virgin olive oil, first press if it is available to you  
2 x 400g tins chickpeas, drained  
1 large onion  
Juice of two lemons  
Handful freshly chopped parsley  
1 tbsp. flour  
Salt and pepper  
Chicken stock to cover

## Directions:

1. Finely chop the onion. Using a little of the oil, cook the onions until browned and caramelized.
2. Add the chickpeas and cook for a minute or so, then cover with chicken stock to about an inch above the chickpeas.
3. Simmer the chickpeas for around 15 minutes before whisking in the olive oil. It will separate.
4. Mix the lemon juice with the flour until smooth, then whisk into the soup. Simmer for five minutes or so until thickened, stirring all the while, then stir in half the parsley.
5. Serve with the rest of the parsley scattered over the top of the soup.

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