

# LEMON CHICKPEA SOUP

VEGAN | GLUTEN-FREE | DAIRY-FREE

## Ingredients:

- 3 (15oz) cans chickpeas, rinsed
- 1 (15oz) can kidney beans, rinsed
- 3 bay leaves
- 1 sweet onion, finely chopped
- 4 cloves of garlic, minced
- 1 container of fresh spinach
- 3 lemons, juiced (for serving)
- Chili flakes (for serving)
- Salt & pepper
- Extra virgin olive oil

## Instructions:

1. In a large pot, sauté the onion until translucent, then add the garlic and sauté for about a minute, making sure it doesn't burn
2. Add the chickpeas, kidney beans, bay leaves, and season with salt and pepper
3. Fill the pot with water until it's approximately 2 inches above the beans. Stir the mixture, bring it to a boil, and then let it simmer for 45 minutes (you can simmer for longer for deeper flavors)
4. Remove the bay leaves
5. Before serving, toss a handful of spinach into your bowl, then add the soup - it will heat it up. (I do this last because I don't like spinach too soggy). Then, top each bowl with a generous squeeze of lemon, pinch of chili flakes, and drizzle of olive oil. Enjoy!

Love,

*Colie*