One-Pot Tomato & Chickpea Soup

A cozy tomato soup with tender chickpeas, carrots and a handful of fresh greens.

Prep 15 min **Cook** 25 min **Serves** 4

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 yellow onion, diced
- ☐ 2 carrots, diced
- ☐ 3 garlic cloves, minced
- ☐ 1 tsp cumin
- ☐ 1 can (28 oz) crushed tomatoes
- ☐ 2 cans (15 oz each) chickpeas, drained
- ☐ 3 cups vegetable broth
- ☐ 2 cups baby spinach
- ☐ 1 tbsp lemon juice
- ☐ Salt and pepper



Spoon & Joy recipe illustration.

Before you start

Adjust the thickness
For a thicker soup, mash a few chickpeas against the side of the pot. For a lighter broth, add hot water a little at a time.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Warm olive oil in a pot. Cook onion and carrots 6-8 minutes until softened.

2. Stir in garlic and cumin for 30 seconds.

3. Add tomatoes, chickpeas and vegetable broth; bring to a gentle simmer.

4. Cook 15 minutes or until carrots are tender.

5. Add spinach until wilted, finish with lemon juice, and season to taste.

Storage & making ahead

Refrigerate promptly for up to 3-4 days or freeze in portions. Reheat until thoroughly hot.

A useful variation Blend a cup of soup and return it to the pot for a thicker texture. Add cooked pasta for a heartier meal.

Read this recipe on Spoon & Joy