

tomato-chickpea soup

VEGAN

GLUTEN-FREE

OPTION

SERVES 4

30 MINUTES

This soup—basically a very fresh minestrone—was born of simple necessity. I had a pile of crudités left from a party and a family that needed a quick, hot dinner after we cleaned up from the festivities.

You can certainly substitute other vegetables for cauliflower and green beans. Just be sure to cut them small enough to cook through but retain just a bit of bite in 10 minutes. Fennel would be especially welcome.

In general, I'm a big believer in *mise en place*, the practice of preparing all ingredients before you start to cook. But this recipe is actually so simple that you can start sautéing each vegetable while chopping the next.

1/4 cup extra-virgin olive oil, plus additional for garnish
1 small white onion, finely diced
2 garlic cloves, thinly sliced
1 teaspoon kosher salt
2 small carrots, cut into 1/8-inch-thick half-moons
2 celery ribs, finely diced, leaves reserved for garnish
1 handful green beans, ends trimmed and cut into 3/4-inch lengths
1 1/2 cups very small cauliflower florets
1 (28-ounce) can whole peeled tomatoes
1 (15-ounce) can chickpeas, rinsed and drained
1 tablespoon tamari or shoyu (gluten-free if required)
Juice of half a lemon
2 cups clear vegetable broth (such as Seitenbacher broth mix; check your brand if gluten-free required)
1/2 teaspoon dried basil
1 teaspoon dried thyme
Flatleaf parsley leaves, for garnish (optional)

- 1 Heat the olive oil in a medium saucepan (at least 3 quarts) over medium-high heat. Add the onion, garlic, and salt and sauté for 1 minute. Add the carrots and celery and sauté for 2 minutes. Add the green beans and cauliflower and sauté for 2 minutes more.
- 2 Add the juice from the tomatoes. Coarsely chop the tomatoes and add them to the pan.
- 3 Add the chickpeas, tamari, lemon juice, broth, basil, and thyme. Bring to a simmer; reduce the heat and simmer for 10 minutes. Taste and adjust the seasoning.
- 4 Serve, garnished with a drizzle of olive oil and the reserved celery leaves, or use parsley, if you prefer.

