MEDITERRANEAN · LUNCH · DINNER

Lemony Chickpea Soup with Dill

55 min · Serves 4 · 545 kcal a serve · Video 7:16 · Rainbow Plant Life

Vegan · Gluten-free ingredients · No nuts listed

Two cans of chickpeas plus spinach give about 15 g of fibre and 19 g of protein a bowl, and blending one can with oat milk makes it creamy with no cream or butter.

Diet notes: Low saturated fat (3.2 g, 5% of the energy).

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Ingredients 21 · SERVES 4

- [ ] 2 × 425 g cans **chickpeas**, drained and rinsed (one for the pot, one for the purée)
- [ ] 4 medium **carrots**, finely chopped
- [ ] 1 large **yellow onion**, finely chopped
- [ ] 5 **garlic** cloves, finely chopped
- [ ] 10 g **fresh dill**, chopped (half in the soup, half to finish)
- [ ] 65–70 g **long-grain white rice**, rinsed
- [ ] 56 g **olive oil**, extra virgin
- [ ] **Olive oil**: a drizzle of good olive oil, to serve (about 1 tsp a bowl)
- [ ] 2 tbsp **tomato paste**
- [ ] 2 tsp **dried oregano**
- [ ] ½ tsp **ground coriander**
- [ ] ½ tsp **ground turmeric**
- [ ] ¼–½ tsp **red pepper flakes**
- [ ] 960 ml **vegetable broth**
- [ ] 120 ml **creamy unsweetened plant milk**, such as full-fat oat milk
- [ ] 1 large **lemon**, zested, plus 3–4 tbsp juice (2 tbsp for the purée, the rest to finish)
- [ ] 20 g **nutritional yeast**
- [ ] 1 tbsp **white miso**
- [ ] **Spinach**: 85 g baby spinach or baby kale, roughly chopped
- [ ] 1¼ tsp **kosher salt** (¼ tsp in the soup, 1 tsp in the purée), plus a few pinches for the vegetables
- [ ] **freshly cracked black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the rice until the water runs nearly clear. Drain and rinse both cans of chickpeas, keeping one can for the pot and putting the other in a blender or food processor. 0:17
2. Heat the olive oil in a Dutch oven over medium-high heat. Cook the carrots and onion with a few pinches of salt, stirring now and then, for about 10 minutes until soft and lightly golden. 1:29
3. Add the garlic for 2 minutes, then stir in the tomato paste, oregano, coriander, turmeric and chilli flakes for 1–2 minutes until the paste turns brick red (add a splash of broth if it sticks). 2:57
4. Stir in the rice for a minute, then add one can of chickpeas, ¼ tsp salt, pepper, the broth and half the dill. Bring to the boil, cover and simmer on low for 15 minutes until the rice is soft. 3:22
5. Meanwhile blend the second can of chickpeas with the plant milk, lemon zest, 2 tbsp lemon juice, nutritional yeast, miso, 1 tsp salt and pepper until smooth and creamy. 4:22
6. Stir the purée and spinach into the soup and simmer 1–2 minutes until it thickens and the greens wilt. 6:08
7. Off the heat, stir in the rest of the dill and lemon juice, adjust salt and pepper, and serve with a drizzle of olive oil. 6:26

> **Tip** Basil or parsley can replace the dill. Keeps 5–6 days in the fridge or 3–4 months frozen; reheat gently, stirring. The cook serves it with crusty bread (roast potatoes keep it gluten-free).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
545 kcal 2,280 kJ	**19 g** 38% of a day	**70 g** 55 g net · 15 g sugars 25% of a day
FIBRE	**FAT**	**SODIUM**
15 g 53% of a day	**23 g** 3.2 g saturated 30% of a day	**1,590 mg** 69% of a day

Energy from net carbs 44% · protein 15% · fat 41%

High in (20%+ of a day) Vitamin K 112% · Vitamin B12 97% · Folate 96% · Vitamin B6 87% · Vitamin A 79% · Iron 34% · Zinc 31% · Vitamin E 31% · Magnesium 29% · Vitamin C 28% · Potassium 24% · Selenium 22%

Source of (10–19%) Omega-3 18% · Calcium 15%

⚠ One serve has about 69% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Rainbow Plant Life (@RainbowPlantLife) on YouTube — youtube.com/watch?v=F7tiFWYNIEI, published 22 February 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lemony-chickpea-soup