

20-Minute Chickpea Soup

2 servings

Ingredients

- 2 tsp extra-virgin olive oil
- 80 g onion (chopped)
- 2 cloves garlic, grated or 6 g tube garlic
- 2 tsp homemade taco seasoning ([See below](#))
- 1 pinch salt (≈ 0.3 g)
- 850 ml low-sodium vegetable broth
- 250 g cooked chickpeas (1 can drained)
- 160 g sweet potato, peeled and chopped
- 200 g diced tomatoes + $\frac{1}{2}$ tsp smoked paprika + $\frac{1}{2}$ tsp sugar
- 70 g cream cheese
- 60 g spinach leaves
- 80 g momen tofu, cubed
- 20 g hemp seeds (2 Tbsp)
- $\frac{1}{2}$ tsp white miso (stirred in at the end)
- Additional smoked paprika, to taste



Garnish (optional)

- Cilantro
- Tortilla strips
- Chili flakes
- Lime wedge

Instructions

1. Heat the **olive oil** in a medium saucepan over **medium heat**. Add the **onion, garlic, taco seasoning, and salt**. Cook **3–4 minutes** until softened.
2. Add the **broth, chickpeas, sweet potato, tomatoes + smoked paprika mixture**, and bring to a boil. Reduce to a lively simmer and **cook 8–10 minutes** until potatoes are tender.
3. Stir in the **cream cheese** until melted. Add **tofu and hemp seeds** and mix gently.
4. Add **spinach** and **cook 1 minute**. Dissolve the **miso** in 1 T hot soup liquid, then stir it back into the pot (do not boil).
5. Taste, adjust seasoning, and serve with optional garnishes.

Nutrition (per serving)

Kcal: 505 | Protein: 24 g | Fat: 20 g | Sat Fat: 7.2 g | Carbs: 55 g | Sugars: 10 g | Fiber: 12 g
| Sodium: ~ 475 mg | Omega-3: 1.2 g