Simone's Chickpea Soup with Porcini

An old favourite from our resident chef Simone's repertoire of low-fat, healthy vegan soups, packed with protein and stacked with flavour. Serves 4.

Ingredients

- 300g dried chickpeas
- 1 carrot
- 1 onion
- 2 cloves garlic
- 25g dried porcini
- 3 bay leaves
- 2 tbsp olives oil
- A handful of parsley
- Salt and pepper

Method

- Soak the chickpeas overnight in a large bowl of cold water (min 8 hrs).
- Drain and rinse the chickpeas.
- Chop the carrot and onion and set aside.
- Place the drained chickpeas in a medium saucepan and cover with fresh cold water.
- Add the carrot, onion, one whole garlic clove and the bay leaves.
- Bring to the boil and then turn the heat down and simmer until the chickpeas are soft – around 45 minutes.
- Meanwhile, place the dried mushrooms in a heatproof bowl and cover with boiling water to soak for at least 30 minutes.
- When the chickpeas are soft, season with salt and pepper. Then remove thee bay leaves.
- Using a stick blender or processor, purée the soup until very smooth.
- Remove the mushrooms from the soaking liquid, and set the liquid aside.
- Chop the mushrooms roughly, and finely chop the other garlic clove and the parsley.
- In a small pan, heat the olive oil and sautée the chopped garlic, mushrooms and parsley for 3-4 minutes. Then add to the chickpea purée.
- Mix well and add the reserved liquid from the mushroom – make sure not to add any grit.
- On a low heat, cook the soup for a furter 10-15 minutes, stirring often. Check seasoning and adjust salt and pepper to taste.
- Serve drizzled with a little olive oil.

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