



**GREEN  
CHEF**

## CHICKPEA ORZO SOUP

*celery, carrots, parsley, lemon-garlic ciabatta*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

980

### MENU

VEGAN

This soup has the traditional flavors of chicken noodle soup—but it's vegan! First, you'll cook the classics: onion, carrots, and celery. For an earthy boost of protein, you'll add chickpeas instead of chicken, along with aromatic garlic, nutritional yeast, and a savory vegetable broth. Orzo is the pasta of choice, and because no soup should be without its dunkable side, this one has lemon-garlic ciabatta. A sprinkle of crushed red pepper flakes adds a touch of heat, and a garnish of parsley delivers a pop of freshness.

### INGREDIENTS (12 ITEMS)

½ oz	<b>Garlic</b>
1 whole	<b>Lemon</b>
1 whole	<b>Yellow onion</b>
1¾ oz	<b>Celery</b>
13¼ oz	<b>Garbanzo beans (chickpeas)</b>
¼ oz	<b>Parsley</b>
8¾ oz	<b>Carrots</b>
1½ tbsp	<b>Seasoned nutritional yeast</b>
2 whole	<b>Ciabatta breads</b> <small>W</small>
3 whole	<b>Vegetable stock concentrates</b>
6 oz	<b>Orzo pasta</b> <small>W</small>
½ tsp	<b>Crushed red pepper flakes</b>

### WHAT YOU'LL NEED

large pot  
baking sheet  
mixing bowls  
measuring cup & spoons  
strainer  
microplane  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a separate small bowl, removing any seeds. (Reserve remaining lemon wedges for another use.)
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Strain and rinse **garbanzo beans (chickpeas)**.
- De-stem **parsley**; roughly chop leaves.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE LEMON GARLIC OIL

- Place about half the **garlic** and a pinch of **lemon zest** in a third small bowl. Drizzle with about 2 tablespoons olive oil. Season with salt and pepper. Stir to combine.

## 3 START SOUP

- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **carrots, onion, celery**, and pinch of **lemon zest**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 4-5 minutes, or until onion is translucent, stirring occasionally.

## 4 ADD CHICKPEAS

- Add **chickpeas** and remaining **garlic**. Drizzle with about 1 tablespoon cooking oil. Season with **seasoned nutritional yeast**. Cook 2-4 minutes, or until chickpeas are incorporated and warmed through, stirring occasionally.

## 5 MAKE LEMON GARLIC BREAD

- Halve **ciabatta breads** horizontally. Spread **lemon garlic oil** onto cut sides.
- Place **ciabattas**, cut sides up, on a foil-lined baking sheet. Toast 5-8 minutes, or until lightly browned.
- Slice each **ciabatta** on a diagonal to form triangles.

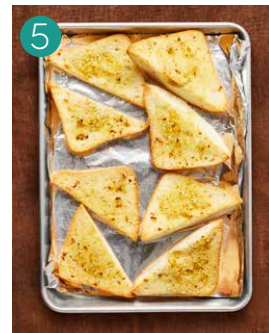
## 6 FINISH SOUP

- Add 2½ cups water, **vegetable stock concentrates**, and half the **orzo pasta** (reserve remaining pasta for another use) to pot with **veggies**. Stir to combine. Bring to a boil, then reduce heat to medium. Simmer 6-8 minutes, or until flavors meld and pasta is al dente, stirring occasionally.\* Remove from heat.
- Add **lemon juice**. Stir to combine. Season with salt and pepper to taste.

*\*If the soup gets too thick, stir in a splash of water.*

## 7 PLATE YOUR DISH

- Divide **chickpea orzo soup** between bowls. Sprinkle with **crushed red pepper flakes** to taste (or omit). Garnish with **parsley**. Serve **lemon garlic ciabatta** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (651g)

**Amount per serving**

**Calories** **980**

	% Daily Value*
<b>Total Fat</b> 37g	47%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 1480mg	64%
<b>Total Carbohydrate</b> 133g	48%
Dietary Fiber 19g	68%
Total Sugars 23g	
Includes 4g Added Sugars	8%
<b>Protein</b> 25g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 8mg	45%
Potassium 1390mg	30%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Yellow Onion, Garlic, Celery, Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Parsley, Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Lemon, Crushed Red Pepper Flakes, Seasoned Nutritional Yeast** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Onion Powder, Granulated Garlic, Dried Parsley), **Carrots**

### Allergen information:

Contains Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*

