



Greek Chickpea & Vegetable Soup

with Feta-Garlic Bread Sticks



20-30min



2 Servings

Fresh dill is a feathery herb with tender green fronds that has a light, refreshing flavor. Here we add it to a hearty Greek-inspired vegetable soup loaded with protein-rich chickpeas, celery, spinach, orzo, and garlic. A squeeze of fresh lemon juice adds a delightful brightness to the soup, and a side of crispy feta bread sticks are perfect for sopping it up!

What we send

- garlic
- 2 oz celery
- ¼ oz fresh dill
- 15 oz can chickpeas
- 1 pkt vegetable broth concentrate
- 3 oz orzo ¹
- 2 (1.4 oz) feta cheese ⁷
- 2 Mediterranean pitas ^{1,6,11}
- 5 oz baby spinach
- 1 lemon

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- rimmed baking sheet
- microplane or grater

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 46g, Carbs 100g, Proteins 31g



1. Prep ingredients

Finely chop **2 teaspoons garlic**. Trim ends from **celery**, then thinly slice. Coarsely chop **dill fronds and stems**.



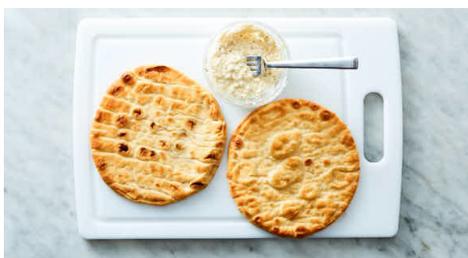
2. Sauté aromatics

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium. Add **celery** and **1 teaspoon of the chopped garlic**; cook, stirring, until celery is crisp-tender, about 2 minutes.



3. Start soup

Add **chickpeas and their liquid, vegetable broth concentrate, orzo, 3½ cups water**, and **1 teaspoon salt** to pot with **celery**. Cover and bring to a boil over high heat. Reduce heat to medium and simmer, partially covered, stirring often to prevent orzo from sticking, until orzo is just al dente, 7-10 minutes. Preheat broiler with a rack in the top position.



4. Season feta & broil pitas

In a small bowl, combine **feta, remaining chopped garlic**, and **2 tablespoons oil**. Use a fork to coarsely mash into a paste; season to taste with **salt** and **pepper**. Brush both sides of each **pita** with **oil**; transfer to a rimmed baking sheet. Broil on top oven rack until lightly toasted, about 1 minute per side (watch closely as broilers vary). Transfer to a cutting board.



5. Finish soup

Stir **spinach** and **chopped dill** into soup, then season to taste with **salt** and **pepper**. Cover to keep warm over low heat.



6. Finish & serve

Spread **feta mixture** over **pitats**, then cut each into 6 sticks. Broil on top oven rack until **cheese** is warm, 1-2 minutes (watch closely). Finely grate **½ teaspoon lemon zest** and squeeze **1 tablespoon lemon juice** into **chickpea and vegetable soup**. Serve **feta-garlic bread sticks** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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