



Makes 6½ cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 to 3 lemons

4 cups low-sodium vegetable broth

2 15-oz. cans no-salt-added chickpeas, rinsed and drained (3 cups)

2 tablespoons tahini

6 cloves garlic, minced

1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme

1 teaspoon freshly ground black pepper

½ teaspoon sea salt

4 cups chopped kale

2 tablespoons pure maple syrup

Lemon Hummus Soup with Kale

With chickpeas, lemon, and tahini, this nourishing **soup** echoes the bright, creamy flavors of **hummus** in cozy soup form—perfect when you're under the weather or simply want something quick and comforting. Thanks to canned chickpeas, it comes together quickly and is on the table in 30 minutes. Tahini adds richness, thyme brings a savory herbal note, and lemon zest and juice keep it vibrant. You can substitute any hearty green, such as spinach or chard, for the kale.

For more inspiration, check out these tasty ideas:

- [30-Minute Chickpea Noodle Soup with Spinach](#)
- [Quick and Easy Noodle Soup](#)
- [Hearty Purple Cabbage Soup](#)
- [Easy Vegan Corn Chowder](#)

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- 1** Remove 2 teaspoons zest and squeeze ½ cup juice from lemons; reserve zest for serving. In a 6-quart Dutch oven combine lemon juice and the next seven ingredients (through salt). Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes.
- 2** Using an immersion blender, blend soup until partially blended but still with large chunks. (Or transfer 2 cups soup to a regular blender; cover and blend until very smooth. Return to Dutch oven.)
- 3** Stir in kale and maple syrup. Bring to boiling; reduce heat. Simmer, uncovered, 3 minutes or until kale is wilted. Top servings with lemon zest.