

Greek Chickpea Soup with Lemon and Olive Oil (Revithia)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-bean-recipe>

Ingredients:

- 1 cup dried chickpeas garbanzo beans soaked 12-18 hours
- 1 onion chopped into pieces about 1/4 inch
- 4 tablespoons olive oil preferably Greek olive oil for this dish
- 1 teaspoon oregano dried Greek
- 1 teaspoon dried parsley
- 8 cups water
- 1 teaspoon salt or a bit more, I used Vege-sal
- ground black pepper fresh, to taste
- 1/4 cup lemon juice fresh squeezed, more or less to taste; I like a lot of lemon flavor

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 35 grams
3. Fat: 17 grams
4. Fiber: 9 grams
5. Protein: 10 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 630 milligrams
8. Sugar: 7 grams

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