

# Chickpea & Rice Soup With A Little Kale

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-rice-soup-recipe>

## Ingredients:

- 3/4 cup cashews soaked in water for 2 hours or overnight
- 2 tablespoons olive oil
- 1 yellow onion medium, thinly sliced
- 3 cloves garlic minced
- 1 teaspoon dried rosemary
- 3/4 teaspoon dried thyme
- 1 teaspoon salt
- black pepper fresh
- 3/4 cup rice rinsed, see note about rice
- 3 celery ribs thinly sliced
- 1 cup carrots diced chunky
- 5 cups vegetable broth
- 24 ounces chickpeas drained and rinsed, about 3 cups
- 4 cups kale chopped
- green onion thinly sliced, for garnish, optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 51 grams
3. Fat: 18 grams
4. Fiber: 8 grams
5. Protein: 13 grams
6. SaturatedFat: 3 grams
7. Sodium: 1550 milligrams
8. Sugar: 6 grams

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