

PNW SPRING SOUP – LEMON TAHINI with ORZO & CHICKPEAS

Yield: 8 Servings

INGREDIENTS

- 1 Yellow Onion, chopped
- 2-4 Carrots, chopped
- 6 Garlic Cloves, minced
- 8 Cups Broth (2 Quarts) Veggie or Chicken
- 2 Cups Water or more Broth
- 1 Cup Orzo or Long Grain Rice if Gluten-Free
- 1 16oz Can of Chickpeas, drained (~400g)
- ½ Cup Tahini
- 1 Tablespoon Lemon Zest
- 2-4 Fresh Lemons, zested & juiced
- 4 Cups Fresh Baby Spinach, chopped
- 2 Tablespoons Olive Oil
- Salt & Fresh Cracked Pepper, to taste
- Fresh dill for garnish, optional

INSTRUCTIONS

1. Prepare your ingredients:
 - a. Rinse & dry (if needed) and chop baby spinach
 - b. Rinse, dry, and chop fresh dill, if using
 - c. Chop onion
 - d. Chop carrots
 - e. Mince garlic
 - f. Zest 1 Tablespoon of lemon zest
 - g. Juice lemons
2. Heat olive oil in a heavy-bottomed Dutch oven or small stock pot, add onion and carrots, season lightly with salt, and saute for 5 minutes on medium, then add garlic and saute for another 2 minutes.
3. Add in the broth of your choice with orzo or rice, then the chickpeas, and simmer for 9-15 minutes until your pasta or rice is to the texture of your liking.
4. Stir in tahini, lemon zest, chopped spinach, and ½ of the lemon juice.
5. Add more lemon juice and salt & pepper to taste, and thin with water or broth to desired thickness, good soup is like jazz, you do you.
6. Serve with some warm crusty bread, mmm mmm that's some good soup!