



Chickpea & Red Pepper Soup

with Cheesy Pull-Apart Rolls



20-30min



4 Servings

Rich and creamy, this chickpea and roasted pepper soup comes together in minutes, though it tastes like it cooked for hours. Don't fret if you don't have a blender—this soup is perfectly yummy when left with a bit of toothsome texture. Definitely don't underestimate the rolls, they're the stars of this dish; sliced and stuffed with cheese, they are like Hasselback potatoes in bread form. Cook, ...

What we send

- fresh thyme
- shallot
- lemon
- baby spinach
- roasted red peppers
- vegetable broth concentrate
- canned chickpeas

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- fine-mesh sieve
- immersion blender
- large pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680.0kcal, Fat 29.0g, Proteins 28.0g, Carbs 77.0g



1. Prep ingredients

Preheat oven to 425°F. Peel and finely chop **shallot**. Finely chop **roasted peppers**. Reserving **1 cup liquid**, drain **chickpeas**. Pick and chop **1½ tablespoons thyme leaves**. Grate **cheddar** on large holes of a box grater. Finely grate **lemon zest** into a small bowl, then squeeze in **2 tablespoons juice**.



4. Start soup

Add **chickpeas** and, using a potato masher or fork, mash to a coarse paste. Add **reserved chickpea liquid**, **all of the vegetable broth concentrate**, and **1¾ cups water**, and bring to a boil. Season with **1 teaspoon salt** and **several grinds of pepper**. Simmer until slightly thickened, about 8 minutes.



2. Make pull-apart bread

Using a serrated knife, make 3 slices into each **roll**, stopping about $\frac{3}{4}$ -way down (don't cut through). Lightly brush the insides with **oil**, and fill with **half the cheese** (reserve remainder for soup). Set rolls on a rimmed baking sheet and sprinkle any cheese that's fallen out on top. Bake until toasted and cheese is golden and melted, 8-10 minutes.



5. Finish soup

Stir in **remaining cheese**. If you'd prefer a smoother consistency, use an immersion blender (or blender or food processor) to puree the soup. (Note: if using a blender or food processor, use caution when blending and cover hole in the lid with a kitchen towel to let steam escape.)



3. Sauté aromatics

Meanwhile, heat **2 tablespoons oil** in a medium Dutch oven over medium-high. Add **shallots** and cook, stirring, until softened, 3-4 minutes. Add **roasted pepper** and **thyme** and cook until very dry, 3-4 minutes.



6. Finish & serve

Coarsely chop **spinach** and stir into **soup** along with **lemon zest and juice**, and cook until spinach is wilted, about 1 minute. Ladle **soup** into bowls and serve with **cheesy pull-apart bread**. Enjoy!