



# LEMON CHICKEN CHICKPEA SOUP

*Turmeric, cumin, and ginger make this Moroccan-inspired dish wonderfully satisfying.*

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## INGREDIENTS

*Prep Time: 15 minutes*

*Cook Time: 1 hour*

*Servings: 4-6*

1 1/4 pound boneless skinless chicken thighs, cut into 1-inch pieces  
1 teaspoon salt  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
1/2 teaspoon ground black pepper  
2 tablespoons extra virgin olive oil  
1 onion, chopped (about 1 1/2 cups)  
1 celery rib, chopped (about 1/3 cup)  
4 cloves garlic, minced (about 1 1/2 Tbsp)  
1 teaspoon grated fresh ginger (or powdered ginger)  
2 bay leaves  
6 cups chicken stock  
2-3 strips of lemon zest from one lemon  
2 tablespoons lemon juice  
1/3 cup basmati rice  
1 15-ounce can chickpeas, drained, or 1 1/2 cups cooked chickpeas  
Cilantro or parsley for garnish

## DIRECTIONS

1. Coat the chicken pieces with the spices: Whisk the salt, turmeric, cumin, and black pepper together in a medium bowl. Add the chicken pieces and toss with the spices to coat.
2. Brown the chicken in olive oil: Heat olive oil in a large, thick-bottomed soup pot on medium high. Add the chicken pieces and brown lightly on all sides, 5-7 minutes total. Remove chicken to a bowl and set aside.
3. Sauté onions, celery, garlic, ginger: Add the chopped onion and celery to the pot. Sauté until lightly browned, about 5 to 6 minutes. Add the garlic and ginger and cook a minute more.
4. Add chicken, stock, bay leaves, lemon zest strips, then simmer: Add the chicken pieces back to the pot. Add the stock, bay leaves, lemon zest strips. Bring to a simmer and simmer for 15 minutes.
5. Add rice, chickpeas, lemon juice, simmer: Add the rice, chickpeas, and lemon juice. Bring to a simmer and cook for 20 minutes, until the rice is cooked through.
6. Add salt pepper to taste: Remove bay leaves and lemon peel strips. Add salt and pepper to taste. Garnish with cilantro or parsley to serve.

\*\*\*Recipe is owned by simplyrecipes.com.