

CHICKPEA AND FIRE-ROASTED TOMATO SOUP

(adapted from [Fine Cooking](#))

1 Tbs. olive oil
Fine sea salt
1 medium shallot, finely diced
1 celery stalk, finely diced
2 carrots, finely diced
1 can chickpeas, drained and rinsed (15 oz)
1 can fire-roasted diced tomatoes (14.5 oz)
2 rosemary sprigs
3 cups water (or vegetable broth)
Freshly ground black pepper
1/4 cup low fat yogurt
squeeze of lemon juice

Heat the olive oil in a saucepan over medium heat. Add the onion, celery, carrot, and a pinch of salt and cook for about 5 minutes. Add the chickpeas and tomatoes with their juice, stir to combine, and cook for 1 minute. Add the rosemary, water, 1 tsp salt, and freshly ground black pepper. Partially cover the pan and simmer gently for 20 minutes. Remove the sprigs of rosemary, leaving behind any leaves that fell off the stem. Purée the soup with a hand blender or in batches in a regular blender or food processor. Season to taste with salt and pepper.

In a small bowl, mix the yogurt with lemon juice and a pinch of salt. Divide the soup among 4 bowls, add a nice dollop of yogurt in the center of the bowl, and swirl it around with chopsticks.