

Treasure Barrel

Creamy Garlic Chickpea Soup: Vegan Comfort Food

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Soup Base

- [ ] 1 large head of garlic
- [ ] 1 tablespoon olive oil, plus more for drizzling
- [ ] 1 medium yellow onion, chopped
- [ ] 2 (15 oz) cans chickpeas, rinsed and drained
- [ ] 4 cups vegetable broth (low sodium)
- [ ] 1 teaspoon dried thyme (or 1 tbsp fresh)

For Serving

- [ ] Salt and black pepper to taste
- [ ] Fresh parsley or chives, chopped
- [ ] A drizzle of extra virgin olive oil
- [ ] Red pepper flakes (optional)

Instructions

1. First, preheat your oven to 400°F (200°C). Take the whole head of garlic and slice just the very top off to expose the cloves. Drizzle it with a little olive oil, wrap it snugly in aluminum foil, and pop it into the oven. Let it roast for about 20-25 minutes, until the cloves are soft, golden, and fragrant. Your kitchen will start to smell incredible. While that's happening, you can get your onion chopped and your chickpeas drained and rinsed.

2. Now, heat that tablespoon of olive oil in a large pot over medium heat. Add your chopped onion and sauté it for about 5-7 minutes, stirring occasionally, until it becomes soft and translucent. You're not looking for color here, just letting the onion sweeten and soften. This is building our flavor foundation. It should smell sweet and savory all at once.

3. By now, your garlic should be ready. Carefully unwrap the foil—it will be hot! Let it cool just enough to handle, then squeeze the roasted garlic pulp out of each clove directly into the pot with the onions. It should come out like a soft paste. Add the rinsed chickpeas, the vegetable broth, and the thyme. Give everything a good stir, bring it to a simmer, and let it cook for about 10 minutes, just to let the flavors get to know each other.

4. Time for the magic. Turn off the heat. Using an immersion blender, carefully blend the soup right in the pot until it's completely smooth and creamy. If you're using a regular blender, work in batches and be cautious with the hot liquid. Once it's silky, season generously with salt and pepper to your taste. Let it sit for a few minutes off the heat—this helps the flavors settle. Ladle into bowls, top with fresh herbs, a drizzle of good olive oil, and maybe some red pepper flakes if you like a little kick. Serve immediately and feel the warmth.

Nutrition per serving

285 kcal	12 g	42 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- **Roasting is Key** - Seriously, don't skip roasting the garlic. Sautéing minced garlic will give you a sharper, different flavor. The slow roast creates that deep, sweet, mellow base that makes this soup so special and comforting. It's the soul of the recipe.
- **Taste and Adjust** - Before you serve, always taste your soup. Broths vary wildly in saltiness, and your personal preference matters most. You might need more salt, a pinch more pepper, or even a squeeze of lemon juice to brighten it up at the very end. Make it yours.
- **Creaminess Factor** - For the absolute smoothest soup, blend it for a full minute or two. If it seems too thick for your liking after blending, just stir in a little more warm broth or water until it reaches the perfect consistency for you. It's very forgiving.