



Beans are a wonderful source of protein, fiber and nutrients, so I use them as often as possible. This soup has garbanzo beans, lentils, zucchinis and great flavors. It is healthy, fresh and totally satisfying. If you are looking for key words “vegetarian” and “gluten free”- that also applies! Try and warm up your heart :)

Ingredients:

Zucchini and chickpea soup (Zupa z cukinii i ciecioriki)

2 medium yellow zucchinis (cut into small strips)
2 medium green zucchinis (cut into small strips)
4 garlic cloves, peeled and minced
2 medium tomatoes (washed, without skin and chopped)
1 can (8 ounces) of chickpeas (garbanzo beans) , drained and rinsed (or about 2 cups cooked chickpeas)
 $\frac{3}{4}$ cup red lentils
2 tbsp olive oil
thyme to taste
salt and peper to taste
1 Knorr vegetable bullion cube
3 green pepper grains (I usually skip black pepper while using these. Your choice.)
3 medium bay leaves
1 tsp Vegeta seasoning (optional)
 $\frac{1}{4}$ cup minced fresh parsley, plus more for serving (optional)
3 cups of water (you can add a little more if soup will be too thick)

Directions:

Heat olive oil in a large pot over medium heat.

Add garlic and saute 1 minute. Add zucchinis and saute until softened, but not browned (reduce heat if they start browning).

Add 2 cups of water, chickpeas and chopped tomatoes. Stir and simmer for few minutes. Add all seasonings, lentils and remaining water. Bring to a boil, then reduce heat and simmer for at least 20 minutes. Add a bit more water if needed. Adjust the seasoning if needed. Stir frequently.

Your soup should be ready now :) Serve hot. You can top individual bowls with fresh parsley or even shredded parmesan.

Bon appétit! Smacznego!



