

Greek Lemon Chickpea Soup (Quick Avgolemono-Style)

Servings: 2 | **Prep Time:** 5 minutes | **Cook Time:** 15 minutes | **Total Time:** 20 minutes

This Greek lemon chickpea soup is inspired by avgolemono, the classic Greek egg-lemon soup, but made faster and more approachable for busy days. Creamy chickpeas replace meat, while rice and a silky egg-lemon base give the soup its signature richness — without using cream. Bright, comforting, high in protein, and ready in just 20 minutes.

Why You'll Love This Soup

- Creamy without dairy thanks to blended chickpeas
- Bright lemon flavor balanced by a silky broth
- High-protein & filling, yet light
- Ready in 20 minutes with pantry staples
- Inspired by Greek avgolemono, but simplified

Ingredients

- 1 can chickpeas, drained and rinsed
- 2 cups vegetable or chicken broth
- ¼ cup rice (white rice works best)
- 1 large egg
- Juice of 1 lemon (about 2–3 Tbsp)
- 1 Tbsp olive oil
- ½ tsp salt, or to taste

Ingredient Notes & Substitutions

- **Chickpeas:** Blending them creates a naturally creamy soup without cream.
- **Rice:** Short or medium-grain rice gives the best texture, but jasmine or basmati also work.
- **Egg:** Essential for the avgolemono-style silkiness.
- **Lemon:** Fresh lemon juice is key — bottled won't give the same brightness.
- **Broth:** Vegetable keeps it vegetarian; chicken adds extra depth.

Instructions

Step 1: Cook the rice

Bring broth to a gentle boil. Add rice, stir once, reduce to a simmer, and cook uncovered for 10 minutes until tender.

Step 2: Blend the chickpeas

Blend chickpeas with ¼ cup broth until smooth. For chunkier texture, mash with a fork.

Step 3: Add the chickpea puree

Stir puree into the pot and simmer 2 minutes to thicken.

Step 4: Temper the egg

Whisk egg with lemon juice. Slowly drizzle ¼ cup hot soup into the egg mixture while whisking constantly.

Step 5: Add egg mixture to the soup

Reduce heat to low and slowly stir the tempered egg mixture into the pot. Cook 1 minute, stirring constantly, until silky.

Step 6: Finish and season

Stir in olive oil and salt to taste. Remove from heat and serve immediately.

Tips for Best Results

- Keep heat low once egg is added to prevent curdling.
- Stir constantly when adding egg mixture for smooth texture.
- If soup thickens too much, add warm broth or water.

Storage & Reheating

Refrigerator: Store in an airtight container for up to 3 days.

Reheat: Warm gently over low heat. Do not boil.

Variations & Add-Ins

- Add spinach or kale during the last minute for extra greens
- Stir in fresh dill or parsley for classic Greek flavor
- Add extra chickpea puree for a thicker, stew-like soup
- Serve with warm pita, naan, or crusty bread