Soups / France

long-grain rice, chickpeas and pumpkin soup · France

A hearty soup with grain, pumpkin and cooked pulses, developed as a France-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g long-grain rice
- ☐ 500 g pumpkin
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the pumpkin and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

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