Soups / Netherlands

# brown rice, chickpeas and broccoli soup · Netherlands

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

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 150 g brown rice
- ☐ 500 g broccoli
- ☐ 15 g mild mustard
- ☐ 10 g chives
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 1 g ground nutmeg
- ☐ 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 broccoli and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the broccoli 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 mild mustard, ground nutmeg, chives and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-nl-12-13-0b5c0d2