

Greek Lemon Chickpea Detox Soup

Ingredients

- : ● 1 tbsp olive oil
- 1 onion, chopped
 - 2 garlic cloves, minced
 - 1 cup cooked chickpeas
 - 1 zucchini, diced
 - 4 cups vegetable broth
 - Juice and zest of 1 lemon
 - 1 tsp dried oregano
 - Salt and pepper to taste
 - Fresh dill for garnish

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until soft.
2. Add chickpeas and zucchini, cook for 5 minutes.
3. Pour in vegetable broth, bring to a boil, then simmer for 15 minutes.
4. Stir in lemon juice, zest, and oregano. Season with salt and pepper.

5. Garnish with fresh dill and serve.

Health Benefits: ● Chickpeas are rich in protein and fiber. ● Lemon aids in digestion and detoxification. ● Oregano has antimicrobial properties.