



Golden Delicata Squash Soup with Crispy Garlic Chickpeas

Source: [Our Balanced Bowl](#)

Ingredients

- 1 delicata squash
- 1 can chickpeas
- 1 tbsp olive oil (separated)
- 1 medium yellow onion
- 3 cloves minced garlic
- 1 cup vegetable broth
- 1 tbsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne

Directions

1. Preheat your oven to 400 degrees. Slice your delicata squash in half lengthwise and de-seed it. Place it on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Place face down on the baking sheet. Roast for 30 minutes or until fork tender.
2. In a bowl, toss your chickpeas with olive oil, garlic powder, onion powder and cayenne until evenly coated. Place on another baking sheet and roast at the same time as the squash for 20 minutes. Flip the chickpeas halfway to make sure they don't burn.
3. While everything is roasting, slice your onion into long thin slices. Mince your garlic. Add a generous amount of olive oil to a large skillet and cook your onions until delicious and caramelized - about 5-10 minutes. Add your garlic once the onions are done and cook until fragrant. Set aside.
4. Once your delicata squash is done roasting, let it cool for a few minutes and then roughly chop it up. Add your roughly chopped delicata squash, the onions and garlic and the vegetable broth to a heat-safe blender. Blend until creamy and smooth, adding more veggie broth if needed.
5. Add the blended soup to a large pot if desired and let it simmer and heat on the stove until warm and cozy. Top with the crispy roasted chickpeas and enjoy!