

CHICKPEA NOODLE SOUP

6 Servings

INGREDIENTS

- 1 Tbsp oil
- ¼ cup onion, diced
- 4 carrots, diced
- 3 celery ribs, diced
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp salt
- ½ tsp black pepper
- 8 cups vegetable broth
- 1 15oz can chickpeas, rinsed and drained
- 8 oz pasta of choice

DIRECTIONS

Step 1

Add all ingredients except chickpeas and pasta to a large pot and bring to a boil. Reduce to simmer and cook for 5-10minutes

Step 2

Add chickpeas and pasta and cook for another 15 minutes, until everything is tender. Enjoy!

SHOPPING LIST

- Can chickpeas
- Onion
- Carrots
- Celery
- Garlic
- Thyme
- Vegetable broth
- Pasta

Nutritional Information:

Calories: 402

Total fat: 5g

Saturated Fat: 1g

Protein: 16g

Carbohydrates: 76g

Fiber: 9g

Sodium: 2200mg