

# Tomato Chickpea Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Carbs	40g
Fat	2g	Protein	7g

## DIRECTIONS

- 01 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 02 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 03 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 04 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!