

CHICKPEA NOODLE SOUP

Serves 6 | Prep: 10 mins | Cook: 30 mins

Difficulty level: Easy



INGREDIENTS

- 2 tbsp cooking oil, of choice
- 4 cloves garlic, minced
- 2 medium onions, chopped
- 4 medium carrots, thinly sliced
- 4 celery stalks, thinly sliced
- 1 tsp dried thyme
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 8 cups vegetable or chicken broth
- 1 cup medium noodles, of choice (ex. rotini, macaroni, shells)
- 1 cup cooked chickpeas
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large pot over medium heat, cook oil, garlic, onions, carrots, celery, thyme, basil, and oregano until vegetables are slightly soft
2. Add vegetable/chicken broth to pot, bring to a boil.
3. Add chickpeas and noodles. Cook for approximately 8 minutes, or until pasta is almost cooked.
4. Remove from heat and add salt and pepper to taste.

For more information, visit thefoodbank.ca/food

Recipe adapted from vegiessavetheday.com