

Chickpea Noodle Soup

SERVINGS
6

PREP TIME
15 MIN

SIMMER TIME
30 MIN

TOTAL TIME
45 MIN

Savor the heartiness of this comforting soup, filled with tender chickpeas, hearty noodles, sweet carrots, and fragrant herbs that bring cozy warmth & nourishment to every spoonful.

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Ingredients

Directions

1

- Olive Oil
- 1 Large Onion
- 4 Ribs Celery
- 2 T Minced Garlic

- Heat a generous drizzle of olive oil in a 6-quart stockpot over medium heat.
- Dice the onion and celery, then add to the pot. Sauté about 5 minutes, until the onion is soft and translucent.
- Stir in the garlic and cook 1 to 2 minutes, just until fragrant.

2

- ½ to 1 bag Baby Carrots (16 oz bag)

WHILE COOKING, PREPARE CARROTS

- Cut the desired amount of carrots in half or thirds, depending on size.
- Add to the pot and sauté another 3 minutes, stirring occasionally.

3

- 4 T Soy Sauce
- 1 T Thyme
- 1 T Dried Oregano
- 1 T Dried Parsley
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Poultry Seasoning

ADD SPICES

- Add all spices and soy sauce, stirring to combine.
- Sauté about 3 minutes to allow the flavors to meld.

4

- 1 (15 oz) Can Garbanzo Beans (Chickpeas)
- 3 (32 oz) Cartons Veg Broth
- OPTIONAL:**
- ½ C White (or Red) Wine

- Drain and rinse the chickpeas, then add them to the pot.
- Pour in the vegetable broth and optional wine, if using. Stir well.
- Bring the soup to a gentle boil, then reduce the heat and simmer about 30 minutes, until the carrots are tender and the flavors blend.
- **Taste midway through simmering and adjust seasonings as needed.**

5

- 1 lb Pasta (Bow Tie, Farfalline, Medium Shell, etc.)

SEPARATELY PREPARE NOODLES

- Cook the noodles according to package directions.
- Drain, then toss with olive oil to prevent sticking. Set aside.

6

SERVE WITH:

- Nutritional Yeast
- Salt & Pepper
- Saltine Crackers

- Ladle soup into bowls and add noodles.
- Top with nutritional yeast and season with salt and pepper to taste.
- Serve warm with saltine crackers.

OPTIONAL ADD-IN'S:

- 1 Package Favorite Plant-Based Chicken

- For extra "chicken" texture, prepare plant-based chicken (not breaded) separately and add to individual bowls before serving.