

Chunky Chickpea Noodle Soup

SERVINGS
6

PREP TIME
20 MIN

SIMMER TIME
1 HR

TOTAL TIME
1 HR 20 MIN

Savor the heartiness of this delectable soup, packed with plump chickpeas, sweet, flavorful carrots, and an array of seasonings that embrace you in the warmth of home.



ORGANIZING
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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 6 quart stockpot or larger.
- Dice onion & celery and add to pot.
- Add garlic and cook down about 5 minutes until onions are translucent.

2

- ½ to 1 bag Baby Carrots (16 oz bag)

WHILE COOKING, PREPARE CARROTS

- Cut desired amount of carrots in half (or thirds depending on size).
- Add to pot. Stir and sauté another 2-3 minutes.

3

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

ADD SPICES

- Add all spices and stir to combine throughout.
- Later, as the soup is simmering, test it to be sure the spices are to your preference and adjust as needed. Some additional salt may be necessary.

4

- 1 (15 oz) Can Garbanzo Beans (Chickpeas)
- 2 (32 oz) Cartons Veg Broth
- OPTIONAL:**
- ½ C White (or Red) Wine

- Drain and rinse chickpeas and add to pot.
- Add broth and optional wine, if desired. Stir well.
- Bring just to a boil and then back down to simmer for about an hour to meld the flavors together. **Taste halfway, will likely need additional salt.**

5

- 1 lb Chunky Pasta (like Bow Tie or Medium Shell)

SEPARATELY PREPARE NOODLES

- Prepare noodles according to package directions. After cooking, set aside (do not combine with soup) and drizzle with olive oil to keep from sticking.

6

SERVE WITH:

- Nutritional Yeast
- Salt & Pepper
- Saltine Crackers

- Combine noodles and soup in bowl. Top with nutritional yeast and salt & pepper to taste. Serve with saltine crackers.

OPTIONAL ADD-IN'S:

- 1 Package Favorite Plant Based Chicken

- For an added "chicken" texture, separately prepare a package of plant based chicken (not breaded) and add at the end to the individual bowls.