

Chickpea Noodle Soup

INGREDIENTS

- 1 tablespoon vegetable oil or olive oil
- 1 white onion, diced
- 2 cups canned mixed vegetables, drained
- 2 teaspoons minced garlic
- 1 teaspoon salt
- ½ teaspoon pepper
- 8 cups low sodium vegetable broth
- 1, 15oz can chickpeas, drained and rinsed
- 8 oz pasta (any shape works)
- 1 teaspoon dried thyme, optional
- Dried parsley, for garnish, optional

6 SERVINGS

45 MINUTES



Adapted from:
feelgoodfoodie.net



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a large pot, heat oil over medium heat. Add onions and cook until softened, about 5 minutes.
2. Stir in minced garlic, salt, pepper, and thyme (if using). Cook for about 1 minute.
3. Add canned vegetables, chickpeas, and vegetable broth. Bring to a boil.
4. Stir in pasta, reduce heat, and simmer uncovered until pasta is tender, about 10 - 12 minutes.
5. Taste and adjust seasonings. Sprinkle with dried parsley (if using) and serve.

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