

Chickpea Noodle Soup

Ingredients

- 1 tsp oil
- 1/4 onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, sliced
- 1 tbsp Italian seasoning
- 1/2 cup chickpeas
- 4 oz pasta
- 1 chicken bullion cube in 2 cups of water
- fresh parsley
- 1 lemon wedge
- salt and pepper to taste



Directions

1. Saute: In a small to medium pot heat oil over medium heat. Add onions, carrots, celery, and herbs. Cook for 5-6 minutes, stirring occasionally.
2. Simmer: Add chickpeas, Rotini, and liquid to the pot. Bring to a boil, then reduce to a simmer. Cook for 6 minutes until pasta is al dente.
3. Season: Finally Stir in fresh parsley, salt, and pepper.
4. Serve: ladle into bowl and squeeze lemon wedge over soup. Enjoy!