



## Tomato Chickpea Soup

4 servings  
25 minutes

### Ingredients

4 cups Organic Vegetable Broth (divided)  
1/2 Yellow Onion (finely chopped)  
1 Carrot (small, peeled, finely chopped)  
2 Garlic (large cloves, minced)  
1 cup Chickpeas (cooked, rinsed)  
3/4 cup Diced Tomatoes  
1 tsp Italian Seasoning  
1/4 cup Nutritional Yeast  
1 tsp Sea Salt  
1 cup Brown Rice Fusilli  
1 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	243
Fat	2g
Saturated	0g
Carbs	43g
Fiber	8g
Sugar	6g
Protein	12g
Cholesterol	0mg
Sodium	1297mg

### Directions

- 1 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, nutritional yeast and salt. Continue to cook for 2 to 3 minutes more.
- 2 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 3 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 4 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Fat:** Sauté the vegetables in extra virgin olive oil instead of the broth.

**Additional Toppings:** Fresh herbs, red pepper flakes, fresh ground pepper, extra virgin olive oil.

**No Fusilli:** Use another short-cut pasta.

**No Canned Diced Tomatoes:** Use fresh instead.

**More protein:** Add your favorite protein source: tofu chunks for vegan, diced chicken for the meat eaters.