



Chickpea “Chicken” Noodle Soup

Servings: 4 - 6

Prep Time: ~15 minutes

Cook Time: ~30 minutes

Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 carrots, sliced
- 2 celery ribs, sliced
- 3 cloves garlic, minced
- 1 tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp turmeric (optional, for color)
- 6 cups vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 6-8 oz noodles (whole wheat, protein +, lentil pasta)
- Salt and black pepper to taste
- Fresh parsley for garnish
- Optional: squeeze of lemon for brightness

Instructions

1. Sauté vegetables: Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; cook until softened (about 5–7 minutes).
2. Add garlic and herbs: Stir in garlic, thyme, rosemary, and turmeric; cook for 1 minute until fragrant.
3. Add broth and chickpeas: Pour in vegetable broth and chickpeas; bring to a boil.
4. Add noodles: Reduce heat to a simmer, add noodles, and cook until tender (about 8–10 minutes).
5. Season and finish: Taste and adjust with salt, pepper, and a squeeze of lemon. Garnish with fresh parsley.
6. Serve hot with crusty bread for a cozy meal!