

# Chickpea Minestrone

written by The Recipe Exchange | October 4, 2015

## **Ingredients**

1 large sweet onion, diced  
3 cloves garlic, crushed  
2 large stalks celery, chopped  
3 medium carrots, sliced  
(1) 15 oz can chickpeas, drained and rinsed  
(1) 15oz can kidney beans, drained and rinsed  
3 tablespoons olive oil  
3 bay leaves  
1 1/2 teaspoons dried thyme  
1 1/2 teaspoons dried basil  
1 teaspoon oregano  
1/4 teaspoon red pepper flakes  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
(2) 28 oz cans of diced plum tomatoes  
3 1/2 cups vegetable broth  
1 1/2 cups tortichette or pasta of your choice  
4 cups spinach  
1 cup peas (frozen or fresh)  
chopped flat leaf parsley, garnish

## **Directions**

In a large soup pot sauté onions over medium-low heat in 3 tablespoons of olive oil and a generous pinch of salt.  
Cook onions for approximately 5 minutes or until they are soft and yellow.  
Add garlic and cook for an additional two minutes. Stir often, being careful not to burn garlic.  
Add carrots and celery to pot, continue to cook for an additional 5 minutes, stirring often.  
Add bay leaves, thyme, basil, oregano, black pepper, red pepper flakes and salt.  
Add tomatoes, vegetable broth, kidney beans and chickpeas to pot. Combine well.  
Simmer covered over low heat for 20 minutes.  
Add pasta and cook for an additional 10 – 15 minutes, or until noodles are soft. (If using a gluten free noodle cook separately and add to soup at the end)  
Add in spinach and peas, stirring until peas are cooked.  
Garnish with parsley and serve immediately!