

Chickpea Noodle Soup

By Ali Slagle

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Total Time 30 minutes
Prep Time 10 minutes
Cook Time 20 minutes
Rating ★ ★ ★ ★ ★ (741)

With a golden broth, creamy chickpeas and bouncy angel hair noodles, this quick vegan soup will remind you of chicken noodle soup. To create a savory broth, sizzle carrots, celery and onion with nutritional yeast, turmeric and herbs in oil. A generous amount of oil adds silkiness to the broth and helps carry the flavor of the aromatics, while nutritional yeast gives the broth the soul-satisfying properties of chicken bouillon. While you can use broken pieces of any long noodle, angel hair is especially wonderful; delicate, soft and highly slurpable, they mimic the fine egg noodles found in many delis' chicken noodle soup.

INGREDIENTS

Yield: 4 servings

¼ cup extra-virgin olive oil
2 medium carrots, cut into ½-inch pieces
2 celery stalks, cut into ½-inch pieces
1 large yellow onion, finely chopped
¼ cup nutritional yeast
2 thyme sprigs or bay leaves
¼ teaspoon ground turmeric
½ cup finely chopped dill or parsley

PREPARATION

Salt and black pepper

4 cups vegetable broth

2 (15-ounce) cans chickpeas,
drained and rinsed

4 ounces long, thin pasta,
broken into short pieces,
preferably angel hair

Step 1

Heat the oil in a large pot or Dutch oven over medium. Add the carrots, celery, onion, nutritional yeast, thyme sprigs, turmeric and half the dill. Season with salt and pepper and cook, stirring occasionally, until the vegetables are softened and juicy, 7 to 10 minutes.

Step 2

Add 2 cups water, the broth and chickpeas. Bring to a boil over high. Season to taste with salt and pepper; the broth should be very flavorful at this point.

Step 3

Add the pasta and cook, stirring occasionally, until tender according to package directions. Remove thyme and stir in the remaining $\frac{1}{4}$ cup dill.

Private Notes

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