

Chickpea Noodle Soup



6 servings



35 minutes

Recipe and photo by Kathryn Taylor

INGREDIENTS

2 tablespoons olive oil
*1 Medium yellow onion, chopped
*2 stalks of celery, thinly sliced
*2 medium carrots, peeled and cut into thin rounds
1/4 teaspoon salt, more to taste
1/2 teaspoon ground turmeric (optional)
1/2 teaspoon curry powder (optional)
1 Bay leaf
*1 can chickpeas, rinsed and drained
*8 ounces of whole wheat pasta
*2 tablespoons chopped fresh parsley
2 quarts of broth
Black pepper to taste

DIRECTIONS

1. Warm the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the onion, celery, carrots and $\frac{1}{4}$ teaspoon salt. Cook, stirring often, until the onions are turning translucent and softening, about 5 to 7 minutes.
2. Add the turmeric and curry powder, if using, and stir constantly for about 30 seconds to wake up their flavors. Add the bay leaf, chickpeas, pasta, parsley and broth.
3. Raise the heat to high and bring the mixture to a simmer, then reduce heat to medium-low and continue simmering until the pasta is pleasantly tender, about 10 to 20 minutes.
4. Remove the pot from the heat and season generously with pepper. Add more salt, to taste, if necessary (I usually add another $\frac{1}{4}$ teaspoon). Serve while hot, with some extra parsley and pepper on top as garnish.
5. Once cool, store the soup in the refrigerator, covered, for up to 5 days.