



FORKS OVER KNIVES™

Chickpea Noodle Soup | By Lindsay S. Nixon

Serves 8



- 1 whole carrot, skinned
- 2 whole celery stalks, sliced
- 1 small onion, diced
- 10 whole cremini (brown) mushrooms
- 8 cups vegetable broth
- 1 teaspoon yellow miso paste
- 1 teaspoon tamari
- 2 whole bay leaf
- 4 ounces whole wheat pasta, uncooked
- 15 ounces chickpeas, drained and rinsed

Instructions:

Line a large soup pot with broth, about 1/4 cup.

Add carrots, celery and onion and sauté over high heat until onions are translucent, about 3 minutes.

Add mushrooms and more broth if necessary.

Continue to cook over high heat until the mushrooms are soft, about 3 minutes.

Add remaining broth, bay leaves, miso and tamari.

Cover and bring to a boil.

Once boiling, add pasta and reduce heat to medium.

Cook for another 6 minutes, or until pasta is al dente (adjust time accordingly).

Stir in chickpeas and taste test.

Add more miso or salt if necessary or desired.

Allow soup to thoroughly heat the chickpeas.

Fish out bay leaves and serve.

Chef's Note:

Trader Joe's Sprouted Whole Wheat Noodles go especially well in this recipe.