

Chickpea Noodle Soup

Yield: 4 servings

Ingredients

2 cups onion, chopped
 1½ cups carrot, chopped
 1½ cups celery, chopped
 2 teaspoons garlic cloves, minced
 8 cups low-sodium vegetable broth
 2 cups whole-grain pasta
 2 cups canned chickpeas (garbanzo beans), drained
 2 tablespoons white miso paste
 ¼ cup nutritional yeast
 2 cups spinach, roughly chopped
 1 avocado
 ¼ teaspoon salt
 ¼ teaspoon ground black pepper
 4 slices of whole-grain bread

Instructions

1. Heat large stock pot over medium heat and add a few tablespoons of water. Add the onion, carrot, celery and garlic.
2. Sauté until veggies soften (about 5 minutes).
3. Add broth and bring to a simmer.
4. Once simmering, add the pasta.
5. When the pasta is almost cooked, stir in the beans, miso paste and nutritional yeast.
6. When pasta is tender, turn off the heat and fold in the spinach until wilted.
7. In a small bowl, slightly mash the avocado with a fork. Stir in salt and pepper.
8. Place the bread in a toaster and cook until lightly browned.
9. To serve, put soup in individual serving bowls. Spread the avocado mixture on the pieces of toast and serve with the soup.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 504
 Total Fat: 7.7 g
 Saturated Fat: 0.9 g
 Monounsaturated Fat: 3.4 g
 Sodium: 678.8 mg
 Total Carbohydrate: 90.1 g
 Dietary Fiber: 18.5 g
 Sugars: 14.2 g
 Protein: 20.8 g

Source: Lighter.



SPECTRUM HEALTH

Presented by
Culinary Medicine

