

Spring Vegetable and Chickpea Minestrone-

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-vegetable-soup-recipe-indian>

Ingredients:

- vegetable
- minestrone
- 2 tablespoons olive oil
- 1 onion medium, diced
- 1 cup fennel bulb chopped, or celery
- 5 garlic cloves minced
- 4 cups chicken flavorful stock -, or veggie
- 4 cups water
- 1 teaspoon salt
- 1/4 teaspoon cayenne
- 1 teaspoon coriander
- 2 cups garbanzo beans soaked, 1 cup dry, soaked in water over night, or use canned
- 4 ounces pasta like little elbows, orzo, mini shells, penne
- 4 cups veggies finely chopped green, any combination of broccoli, green beans, spring peas, kale, asparagus, peas, cauliflower
- 1 cup scallions chopped
- 1/4 cup fresh tarragon
- 2 tablespoons lemon juice more to taste
- fresh herbs optional
- grated romano cheese optional
- olive oil optional
- tarragon optional
- croutons optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 61 grams

3. Cholesterol: 85 milligrams
 4. Fat: 16 grams
 5. Fiber: 13 grams
 6. Protein: 42 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 550 milligrams
 9. Sugar: 9 grams
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