

Italian Chickpea Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chick-peas-soup-recipe>

Ingredients:

- 1/3 cup olive oil or garlic flavored olive oil and skip the garlic step
- 4 cloves garlic peeled
- 1 sprig fresh rosemary or 1 1/2 tsp dried, crushed fine almost to a powder
- 2/3 cup Italian plum tomatoes canned imported, chopped, with their juice
- 2 1/4 cups chickpeas cooked, from a can and drained, or try cooking chickpeas in a slow cooker
- 1 cup broth I used homemade turkey broth
- salt
- pepper
- 3 cups broth
- 1 cup arborio rice
- 1 tablespoon extra-virgin olive oil
- salt

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 69 grams
3. Fat: 24 grams
4. Fiber: 7 grams
5. Protein: 15 grams
6. SaturatedFat: 3 grams
7. Sodium: 1510 milligrams

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