

Italian Garbanzo Bean Sun Dried Tomato Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-garbanzo-recipe>

Ingredients:

- 1 cup pasta shells small
- 1 1/2 tablespoons olive oil
- 1 yellow onion small, chopped
- 1 bulb garlic chopped
- 2 tablespoons fresh rosemary or 1 tsp. dried rosemary
- 1/2 teaspoon red pepper flakes dried
- 1 1/2 ounces tomato juice
- 1 teaspoon sugar
- 1 tablespoon balsamic vinegar
- 1/2 cup sun-dried tomatoes in oil Bella Sun Luci Julienne Cut, drained
- 16 ounces garbanzo beans cans, drained and divided
- 6 ounces baby spinach
- salt
- pepper

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 101 grams
3. Fat: 14 grams
4. Fiber: 23 grams
5. Protein: 28 grams
6. SaturatedFat: 2 grams
7. Sodium: 300 milligrams
8. Sugar: 19 grams

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