

Italian Vegan Garbanzo Bean Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 onion finely chopped
- 2 cloves garlic minced
- 2 carrots cut into medium-sized chunks
- 3 stalks celery cut into medium-sized chunks
- 1 fennel bulb cut into thin slices
- 155 ounces garbanzo beans chickpeas
- 5 ounces diced tomatoes
- 3 cups vegetable broth
- 15 cherry tomatoes cut into halves
- 2 handfuls fresh spinach
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 tablespoon fresh parsley chopped
- salt to taste
- black pepper to taste