

# Chickpea Minestrone

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pasta-and-split-pea-soup-recipe>

## Ingredients:

- 1 sweet onion large, diced
- 3 cloves garlic crushed
- 2 stalks celery chopped
- 3 carrots medium, sliced
- 15 ounces chickpeas drained and rinsed
- 15 ounces kidney beans drained and rinsed
- 3 tablespoons olive oil
- 3 bay leaves
- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried basil
- 1 teaspoon oregano
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 28 ounces plum tomatoes cans of diced
- 3 1/2 cups vegetable broth
- 1 1/2 cups pasta or torchiette, your choice
- 4 cups spinach
- 1 cup peas frozen or fresh
- flat leaf parsley chopped, garnish, optional

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 99 grams
3. Fat: 13 grams
4. Fiber: 13 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1830 milligrams

8. Sugar: 18 grams

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