

# Spring Minestrone Soup with Chickpeas

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/minestrone-soup-recipe-with-mild-italian-sausage-chunks>

## Ingredients:

- vegetable
- minestrone
- 2 tablespoons olive oil
- 1 medium onion – diced
- 1 cup fennel bulb chopped, or celery
- 5 garlic cloves – minced
- 4 cups stock flavorful, – chicken 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
- grated romano cheese optional
- olive oil optional
- tarragon optional
- croutons optional
- fresh herbs optional

## Nutrition:

1. Calories: 450 calories

2. Carbohydrate: 66 grams
  3. Cholesterol: 5 milligrams
  4. Fat: 13 grams
  5. Fiber: 13 grams
  6. Protein: 21 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 650 milligrams
  9. Sugar: 12 grams
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