

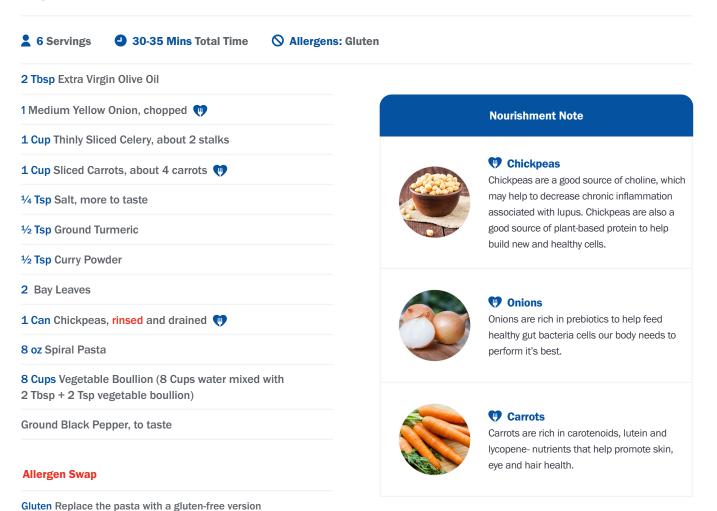
Lunch | Dinner

Chickpea Noodle Soup

15 Mins		15-20 Mins		6
Prep Time		Cook Time		Servings
=	380 Calories	8g Fat	43g Carbs	9g Protein



Ingredients





Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Vegetables

Warm the olive oil in a large pot over medium heat. Once the oil is shimmering, add the onion, celery, carrots and salt. Cook, stirring often until the onions are translucent and soft, about 5 to 7 minutes.

3. Add Seasonings & Final Ingredients

Add the turmeric and curry powder and stir constantly for about 30 seconds to wake up their flavors. Add the bay leaves, chickpeas, pasta and broth.

4. Allow Soup to Cook

Raise the heat to high and bring the mixture to a simmer, then reduce the heat to medium-low and continue simmering until the pasta is tender, about 10 to 20 minutes.

5. Season & Serve

Remove the pot from heat and season generously with pepper and additional salt if necessary. Enjoy.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from cookieandkate

What You'll Need

	Cutting Board
ſ	Knife
	Measuring Cup
E E	Measuring Spoons
	Can Opener
Ť	Large Pot
P	Mixing Spoon

Fatigue Buster

- Look for pre-cut onions at the grocery store to help save time.
- Used canned, sliced carrots instead of chopping your own.
- Cooking the noodles in the pot with the broth helps to reduce the amount of prep work for this recipe.
- Make a double batch and enjoy throughout the week.