

Lunch | Dinner

Chickpea Noodle Soup

15 Mins
Prep Time

15-20 Mins
Cook Time

6
Servings

 **380** Calories **8g** Fat **43g** Carbs **9g** Protein



Ingredients

 **6 Servings**  **30-35 Mins Total Time**  **Allergens: Gluten**

2 Tbsp Extra Virgin Olive Oil

1 Medium Yellow Onion, chopped 

1 Cup Thinly Sliced Celery, about 2 stalks

1 Cup Sliced Carrots, about 4 carrots 

¼ Tsp Salt, more to taste

½ Tsp Ground Turmeric

½ Tsp Curry Powder

2 Bay Leaves

1 Can Chickpeas, **rinsed** and drained 

8 oz Spiral Pasta

8 Cups Vegetable Boullion (8 Cups water mixed with 2 Tbsp + 2 Tsp vegetable boullion)

Ground Black Pepper, to taste

Allergen Swap

Gluten Replace the pasta with a gluten-free version

Nourishment Note



Chickpeas

Chickpeas are a good source of choline, which may help to decrease chronic inflammation associated with lupus. Chickpeas are also a good source of plant-based protein to help build new and healthy cells.



Onions

Onions are rich in prebiotics to help feed healthy gut bacteria cells our body needs to perform it's best.



Carrots

Carrots are rich in carotenoids, lutein and lycopene- nutrients that help promote skin, eye and hair health.

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



Knife



Measuring Cup



Measuring Spoons



Can Opener



Large Pot



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.