

Chickpea Zucchini Soup

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This Chickpea Zucchini soup is so easy it will easily become one of your favorite soup recipes. If your craving the comfort a bowl of soup gives, but still need easy and quick give this recipe a try.

All good for you ingredients, chickpeas, zucchini and spinach in a tomato broth. It's one of those vegetarian soups that always has my family going for a second helping and me feeling good about it, because it's so healthy. When I make it I make it in this stock pot it holds enough for next day reheats or this recipe freezer friendly for a quick ready made lunch.

Serve this Chickpea Zucchini Soup with a salad and some crusty bread for a delicious midweek light dinner or as a starter for Saturday night dinner with friends

Add ins For Chickpea Zucchini Soup

This vegetarian Chickpea Zucchini Soup is delicious on it's own. But if you want a heartier soup you can saute some ground beef along with the onions and garlic.

Another ingredient you can add in is 1 15 oz. drained can of white beans for even more nutritional value. And one more delicious 1 cup chopped kale along with the spinach.

This is one of my favorite soups for so many reasons easy to make, delicious uses few ingredients, and the best part it can be on your table in less than 30 minutes!!!

If you make this recipe please leave me a comment. And Please don't forget to tag me on Instagram with your creations. I

love hearing from you!!

Ingredients

- 2 cans 15 0z. drained and rinsed chickpeas
- 1 large zucchini cut in large dice
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 cups chopped spinach
- 1 chopped yellow onion
- 1 tablespoon chopped garlic
- 1/2 bunch Italian parsley
- 2 Tablespoons each butter and olive oil
- 3 cups water or vegetable stock
- 1 cup tomato sauce
- 1 cup small shaped pasta
- 1 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. In a large stock pot bring butter and olive oil to medium heat
2. Chop the parsley, garlic and onion together saute until tender and just beginning to brown
3. Add the zucchini and chickpeas mix with onion mixture salt and pepper now
4. Add the water or vegetable stock, and tomato sauce simmer covered for 15 minutes
5. Add the pasta, spinach, corn and peas simmer 5 minutes longer
6. Adjust seasoning Serve in soup bowls top generously with parmesan cheese