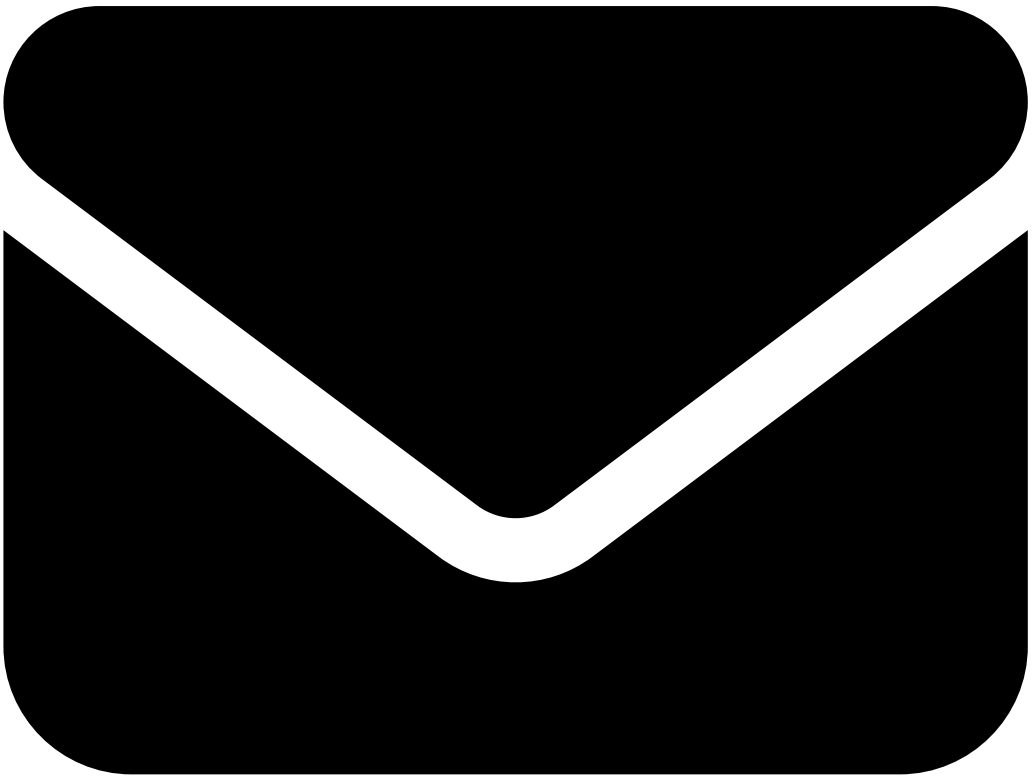
Italian Pasta e ceci soup

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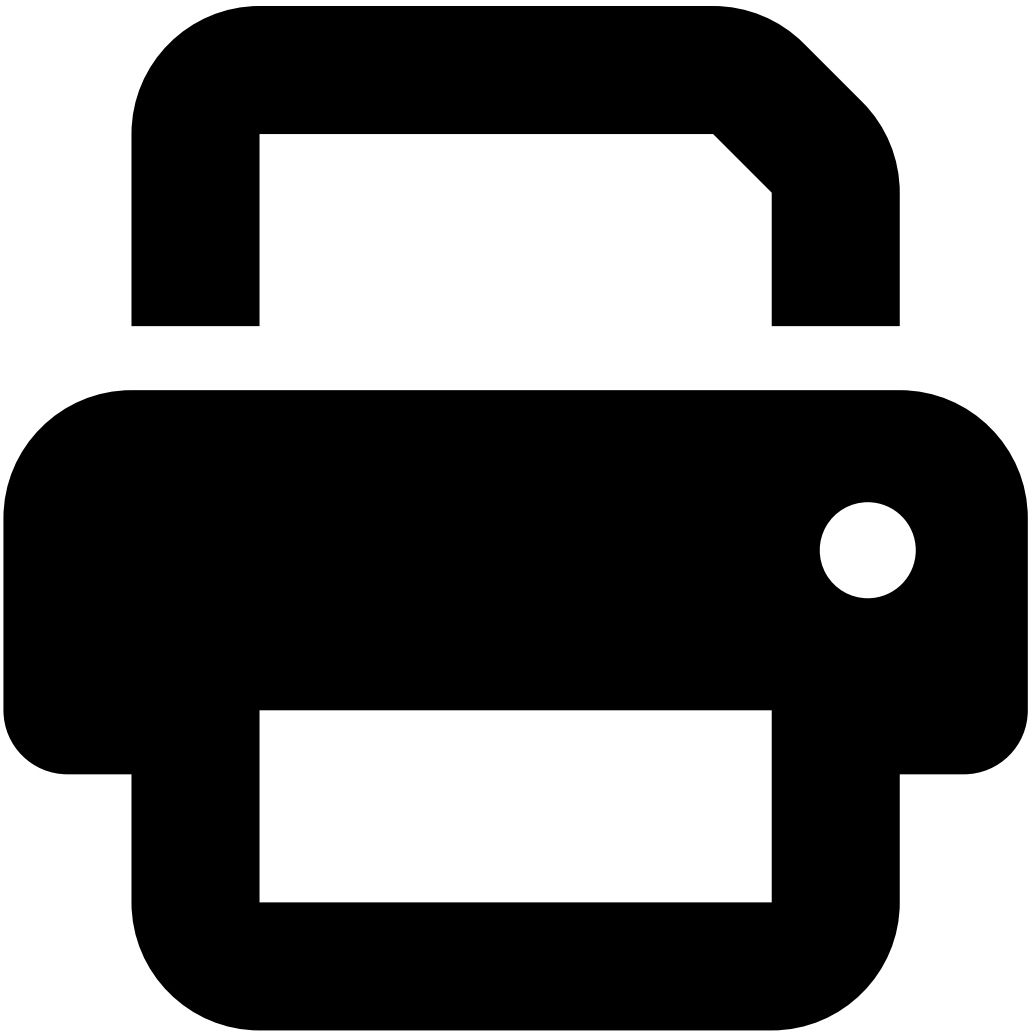









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Pasta e Ceci (Italian Chickpea Soup)

Pasta e Ceci is a classic Roman chickpea soup made with pasta, chickpeas, and a rich, flavorful tomato broth. This traditional Italian comfort food comes together in one pot using simple pantry ingredients to create a hearty, satisfying meal that’s both delicious and budget-friendly.

Pasta and chickpeas have long been staples of Italian cooking, especially in traditional cucina povera, or peasant-style cooking, where humble ingredients are transformed into nourishing dishes. Depending on the region and family tradition, Pasta e Ceci can be served as a soup, a thick stew, or a pasta dish with a creamy chickpea sauce.

The consistency is easy to adjust to your liking. Some versions are brothy and soupy, while others are thicker, with the pasta and chickpeas soaking up most of the flavorful sauce. However you serve it, this rustic Italian chickpea and pasta dish is simple, comforting, and full of classic Italian flavor.

Good to Know When Making Italian Pasta e Ceci

Dried or Canned Chickpeas

For this traditional Italian Pasta e Ceci, I like using dried chickpeas that have been soaked ahead of time. They take longer to cook, but they give the dish a wonderful texture and a delicious, homemade flavor. If you're short on time, canned chickpeas are an excellent shortcut and can have this comforting Italian chickpea soup on the table in less than 30 minutes.

How to Get the Perfect Consistency

One of my favorite tricks is to blend some of the cooked chickpeas in a blender or by using an immersion blender before adding the pasta. This helps thicken the broth naturally, creating a creamy, stew-like consistency without adding cream.

Keep in mind that the pasta will absorb quite a bit of liquid as it cooks. Make sure the chickpea broth is loose enough before adding the dried pasta so the dish doesn't become too thick or dry. Add extra broth or water as needed, especially if you prefer a soupier consistency.

Storage and Reheating

Refrigerator: Store leftover Pasta e Ceci in an airtight

container in the refrigerator for 3–4 days. The pasta will continue absorbing the broth as it sits, so the dish will naturally become thicker.

Reheating: Warm leftovers in a saucepan over medium-low heat, stirring occasionally. Add a splash of vegetable broth or water to loosen the consistency and bring back that delicious, saucy texture.

Freezing: For the best results, freeze the chickpea sauce before adding the pasta. Store it in a freezer-safe container for up to 3 months. Thaw overnight in the refrigerator, reheat, and cook fresh pasta directly in the broth before serving. You can freeze leftovers with the pasta, too, but the pasta may become softer when reheated.

What to Serve with Pasta e Ceci

This hearty Italian chickpea soup is delicious on its own, but I love serving it with crusty Italian bread for soaking up every bit of the flavorful broth. A drizzle of extra-virgin olive oil and freshly grated Parmesan cheese make a wonderful finishing touch.

If you enjoy making traditional Italian comfort food, try my **Pasta e Fagioli**, **Tuscan Ribollita Soup**, or **Italian chicken Pastina Soup** next. Each one is filled with simple ingredients and the comforting flavors of a homemade Italian meal.

Italian Pasta e ceci Soup



Italian Pasta e Ceci is a classic Roman chickpea soup made with tender chickpeas, small pasta, tomatoes, and aromatic vegetables. This hearty one-pot Italian soup is simple, comforting, and full of traditional flavor. It can be made with dried or canned chickpeas and adjusted to be either brothy or thick and stew-like.

- 3 cups dry chickpeas
- 4 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 3 cups chopped tomatoes
- 2 cups vegetable stock
- 2 cups small tubular pasta

1. **Soak the chickpeas.** Place the dried chickpeas in a large bowl and cover with several inches of cold water. Soak overnight, or for at least 8 hours. Drain and rinse well before using.

   If using canned chickpeas: Skip the soaking and cooking steps. Use about **5–6 cups canned chickpeas**, drained and rinsed, and add them later in the recipe when the broth is ready. Since canned chickpeas are already cooked, the soup will come together much faster.

2. **Sauté the vegetables.** Heat the olive oil in a large heavy-bottomed pot or Dutch oven over medium heat. Add

the onion, garlic, celery, carrot, and red pepper flakes. Sauté for 5–7 minutes, until the vegetables are softened and the onion is translucent.

3. **Add the tomato paste.** Stir in the tomato paste and cook for 1–2 minutes, allowing it to caramelize slightly and deepen in flavor.

4. **Cook the chickpeas.** Add the soaked chickpeas, crushed tomatoes, broth, oregano, thyme, bay leaf, and Parmesan rind. Stir well and bring to a boil.

   Reduce the heat to a gentle simmer, cover, and cook for about **40–45 minutes**, or until the chickpeas are tender. Cooking time will vary depending on the age and size of the chickpeas. Check occasionally and add more broth or water if needed. The chickpeas should remain covered with plenty of liquid.

5. **Thicken the soup.** Once the chickpeas are tender, remove about 1 cup of the chickpeas and some of the broth. Transfer to a blender or food processor and blend until mostly smooth. Return the purée to the pot and stir to combine. This creates the creamy, thick consistency that makes Pasta e Ceci so comforting.

6. **Add the pasta.** Bring the soup back to a gentle boil and stir in the pasta. Cook according to the package directions, stirring frequently. Add additional broth or water as needed because the pasta will absorb a considerable amount of liquid as it cooks.

7. **Season the soup.** Remove the bay leaf and Parmesan rind. Taste and season with salt and freshly ground black pepper. If you prefer a soupier Pasta e Ceci, add more broth until it reaches your desired consistency.

8. **Serve.** Ladle the hot Pasta e Ceci into bowls and finish with freshly chopped parsley, freshly grated Parmesan

cheese, and a drizzle of extra-virgin olive oil.

Don’t let the chickpea broth become too thick before adding the pasta. The pasta absorbs a surprising amount of liquid as it cooks. Keep extra broth or water nearby and add it as needed. Pasta e Ceci should be hearty and thick, but still have enough flavorful broth to coat the pasta.

Main Course

Italian

Italian Pasta e Ceci i