



Chickpea/Garbanzo Bean Soup

Ingredients

- 3 tbsp olive oil
- 1 small onion, finely chopped*
- 3 garlic cloves*
- *Note: you may use ½ tsp of Hing in place of onion and garlic
- 1 tsp rosemary, if using fresh rosemary, just a small sprig works well
- 1 cup dried organic chickpeas (also called Garbanzo beans)
- 3-4 organic tomatoes, peeled and crushed
- 4 cups vegetable stock
- 2 tbsp chopped parsley
- 3 tbsp finely grated Parmesan cheese
- Salt and pepper to taste

Instructions

1. First rehydrate the chickpeas. Add them to a large pot, cover with several inches of water and bring to a boil. Boil for 5 minutes then take off the heat and let the beans sit in the water for 1 hour. Drain and rinse well. (You may use canned Chickpeas)
2. Add the drained and rinsed chickpeas to a large pot, cover them with several inches of water, and bring everything to a boil. Reduce the heat and simmer until they reach desired tenderness, about 1 1/2 to 2 hours. Drain cooked chickpeas.
3. When the chickpeas are done you are ready to assemble the soup.
4. Heat olive oil in a large saucepan over medium heat. Add onion and season with salt. Sauté, stirring occasionally, about 5 minutes.
5. Add garlic and continue to cook until onion and garlic are both very soft and slightly browned.
6. Add rosemary, stirring for about another 2-3 minutes (If using Hing, sauté along with the rosemary and be sure it doesn't burn)
7. Add cooked chickpeas and tomatoes and cook for about 10 minutes over low-medium heat, stirring often
8. Add vegetable stock, increase heat to medium-high, bring to simmer. Cook for about 15-20 minutes.
9. Stir in parsley and Parmesan cheese, season with salt.
10. Ladle into bowls and top with more Parmesan cheese if desired.