

Chickpea and pasta soup



Food Fact:-

This is a quick, simple and nourishing soup with a delicious flavour.

The pasta and chickpeas provide bulk and are a good source of energy and body building protein.

Preparation time 5 mins

Cooking time 12 mins

Servings: 4 / 5

Chickpea and pasta soup Ingredients

1. Put the oil, garlic & rosemary in a microwavable bowl, cover and cook on high for 2 mins.
 2. Add tomatoes, chickpeas, pasta & stock, cover and cook on high for 8-10 mins or until pasta is cooked.
 3. Serve with crusty bread and crispy salad
- 1 tbsp Olive oil
 - 4 cloves garlic, finely minced
 - ½ tsp dried rosemary
 - 500ml can chopped tomatoes
 - 500ml Chicken/veg stock
 - 250ml can chickpeas
 - 250ml small pasta (such as macaroni or fusilli)

