

# Chickpea Pasta Soup with Pesto



Makes: ~ 4 servings

## INGREDIENTS

### Roasted Sweet Potatoes

175 gm / 6.2 oz. sweet potato (peeled and diced to ½" cubes)

1 tsp. grapeseed oil

¼ tsp. ground coriander

¼ tsp. smoked paprika

¼ tsp. salt or to taste

1/8 tsp. dried thyme

black pepper to taste

### Chickpea Pasta

114 gm / 4 oz. rotini pasta (see Notes)

### Remaining Ingredients

1 tsp. olive oil

75 gm / 2.6 oz. onion (finely diced)

3 garlic cloves (minced)

85 gm / 3 oz. bell pepper (diced to ½" cubes)

¼ tsp. ground coriander

¼ tsp. smoked paprika

3½ cups low sodium vegetable broth

1 – 14.5 oz. can organic diced fire roasted tomatoes

1 tbsp. tomato paste

¼ tsp. dried oregano

¼ tsp. dried thyme

¼ tsp. dried rosemary

6 basil leaves (roughly torn)



## INGREDIENTS (cont.)

½ cup frozen peas (thawed)

½ tbsp. pesto (see Notes)

2 tsp. raw cane sugar

2½ tsp. salt or to taste

black pepper to taste

1 cup baby spinach

### Garnish

pesto

vegan parmesan (see Notes)

red pepper flakes (optional)

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# Chickpea Pasta Soup

## with Pesto

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### Roasted Sweet Potatoes

1. Preheat the oven to 425°F.
2. Place diced sweet potatoes onto a lined baking sheet.
3. Toss with seasoning ingredients.
4. Roast for ~15 mins tossing the sweet potatoes halfway through.
5. At the end of baking time, remove from oven and set aside.

### Chickpea Pasta

1. Cook pasta according to the instructions on the package.
2. I stopped the cooking process at 7 mins.
3. Drain and blanch in a bowl of ice water.
4. Once the pasta has cooled completely, drain well and set aside.

### Remaining Steps

1. In a medium sized pot on medium heat, add the oil. Once the oil heats up, add the onion. Sauté the onion until  $\frac{3}{4}$ <sup>th</sup> translucent.
2. Then add the garlic. Sauté both ingredients until fragrant.
3. Add the bell pepper, ground coriander and smoked paprika. Sauté for ~2 mins.
4. Add the vegetable broth, fire roasted tomatoes, tomato paste and herbs. Stir gently until well combined. Bring to a boil.
5. Once the soup boils, add the peas, roasted sweet potatoes and pasta. Bring to a boil again and then reduce the heat to low. Simmer for ~2 mins.
6. Next, add the pesto. Add the sugar, salt and pepper to taste.
7. Finally, turn off the heat and add the baby spinach. Stir the baby spinach into the soup until wilted.

8. Serve the soup in individual serving bowls.
9. Garnish with grated parmesan cheese, red pepper flakes and more pesto if desired.

### NOTES

- I used Banza chickpea pasta, Violife vegan parmesan and Amore pesto paste.
- I also used a combination of red and yellow bell pepper in this recipe.
- You can enjoy this soup with warm crusty bread.