

Chickpea Noodle Soup

1 Tbs oil of choice
1 leek, chopped (see cleaning tip below) or 1 onion chopped
2 carrots, chopped
2 stalks celery, chopped
2 cloves garlic, minced
2-inch knob of ginger
1 1/2 – 2 tsp turmeric
1/2 tsp thyme
1/2 tsp oregano
1 Tbs salt
1-3 tsp chili flakes (if desired; I didn't add this during the demo)
1 can chickpeas rinsed and drained, *or* 1 cup dry chickpeas cooked (see pressure cooker tip below)
4-7 oz. small pasta of choice (I used 7 oz for the demo)
2 Edward & Sons Not-Chicken Bouillon cubes or 1 Tbs + 2 tsp bouillon powder
8-10 cups water (if you are omitting the pasta you can use less water)

Add leek, carrots, and celery to hot oil and sauté 3-5 minutes. Add garlic and seasonings and sauté and additional 1-2 minutes. Add bouillon, chickpeas, pasta, & water. If using stovetop, cook 15-20 minutes, if using pressure cooker 6 minutes.

Cleaning tip: Add your chopped leeks to a bowl of water and swirl gently with your hand. This will cause any grit to fall to the bottom of the bowl.

Pressure cooker tip: Time needed to pressure cook chickpeas: If soaked overnight, 20 minutes. If unsoaked, 30 minutes.