

Chickpea Orzo Soup

Ingredients

- 1-2 Tablespoons Olive Oil
- 1/2 Large Yellow Onion
- 2 Celery Stalks, washed and chopped
- 3 Carrots, peeled and sliced
- Salt & Pepper
- 3 Tablespoons Nutritional Yeast
- 2 Teaspoons Fresh Thyme, minced
- 1 Teaspoons Dry Dill Weed (2 Tsp if fresh)
- 2 Bay Leaves
- 6 C. Vegetable Stock
- 2 15 oz. Cans of Chickpeas, rinsed
- 1/2 C. Orzo Pasta
- 2 Tablespoons Fresh Parsley, minced

Directions

- Heat oil in a large saucepan over medium/high heat and add onion, celery and carrots plus 1/4 teaspoon of pepper. Sauté over medium heat, stirring occasionally, until all are softened, about 5-7 minutes..
- Stir in Nutritional yeast, thyme, dill and bay leaves and cook about 30 seconds.
- Stir in broth and chickpeas and bring to a boil. Reduce heat to medium low and simmer, partially covered, until flavors meld, about 10 minutes.
- Stir in pasta and return to boil on medium-high until pasta is tender, about 10 minutes.
- Remove from heat, discard bay leaves, add parsley. Add salt & pepper to taste and enjoy!