



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Rosemary Chickpea Soup

I used 8 ounces of pasta. It seemed like a lot, but I didn't mind. Still, if you'd like less pasta, 4 ounces (or anywhere in between) would work well.

1 tablespoon olive oil
8 cloves garlic, minced
½ teaspoon red pepper flakes
1 (28-ounce) can diced tomatoes
2 (15-ounce) cans chickpeas, rinsed and drained
4 cups broth (chicken or vegetable)
½ teaspoon salt
2 sprigs rosemary
Parmesan rind, if you have one
4-8 ounces small pasta, such as ditalini or macaroni

In a large saucepan over medium heat, heat the oil, garlic, and red pepper flakes. Once the oil starts to sizzle, stir for about 1 minute, then add the tomatoes with their juices, the chickpeas, broth, salt, rosemary, and parmesan rind (if using). Increase the heat to medium-high; once the liquid comes to a lively simmer, add the pasta, return the mixture to a boil, then reduce the heat to medium and simmer until the pasta is tender. Remove the rosemary sprigs, adjust the salt if necessary, and serve.