

Italian-Style Chickpea & Mushroom Soup

Recipe © of guest contributor: Renee Clerkin RD LDN

Servings: ~4

Ingredients:

- 2 tablespoons olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 2 stalks celery, diced
- 1 tablespoon chopped fresh rosemary
- 3 tablespoons chopped fresh parsley
- 2 teaspoons dried oregano
- 1/4 teaspoon each: sea salt and pepper
- 4 cups sliced mushrooms
- 2 (15-ounce) cans chickpeas, rinsed and drained, or about 3 cups cooked chickpeas
- 1 (14.5 ounce) can tomatoes (I used whole peeled plum tomatoes)
- 4 cups low sodium vegetable broth
- 4 cups chopped baby spinach

Directions:

1. Heat oil in a large saucepan over medium heat. Add onions and cook for 5 minutes, stirring occasionally.
2. Add in garlic, celery, herbs, salt, pepper, and mushrooms; cook for an additional 5 minutes, until vegetables start to soften.
3. Mix in chickpeas, tomatoes with their juice, and broth; bring to a boil. Cover, reduce heat, and simmer for 30-45 minutes.
4. Stir in spinach and cook for 1 more minute, until spinach wilts. Serve warm and top with Parmesan cheese (optional).

Nutrition: (Serving size: 2 cups)

calories: 355 *protein:* 16g *total carbohydrate:* 50g *total fat:* 12g
sodium: 451mg *dietary fiber:* 14g