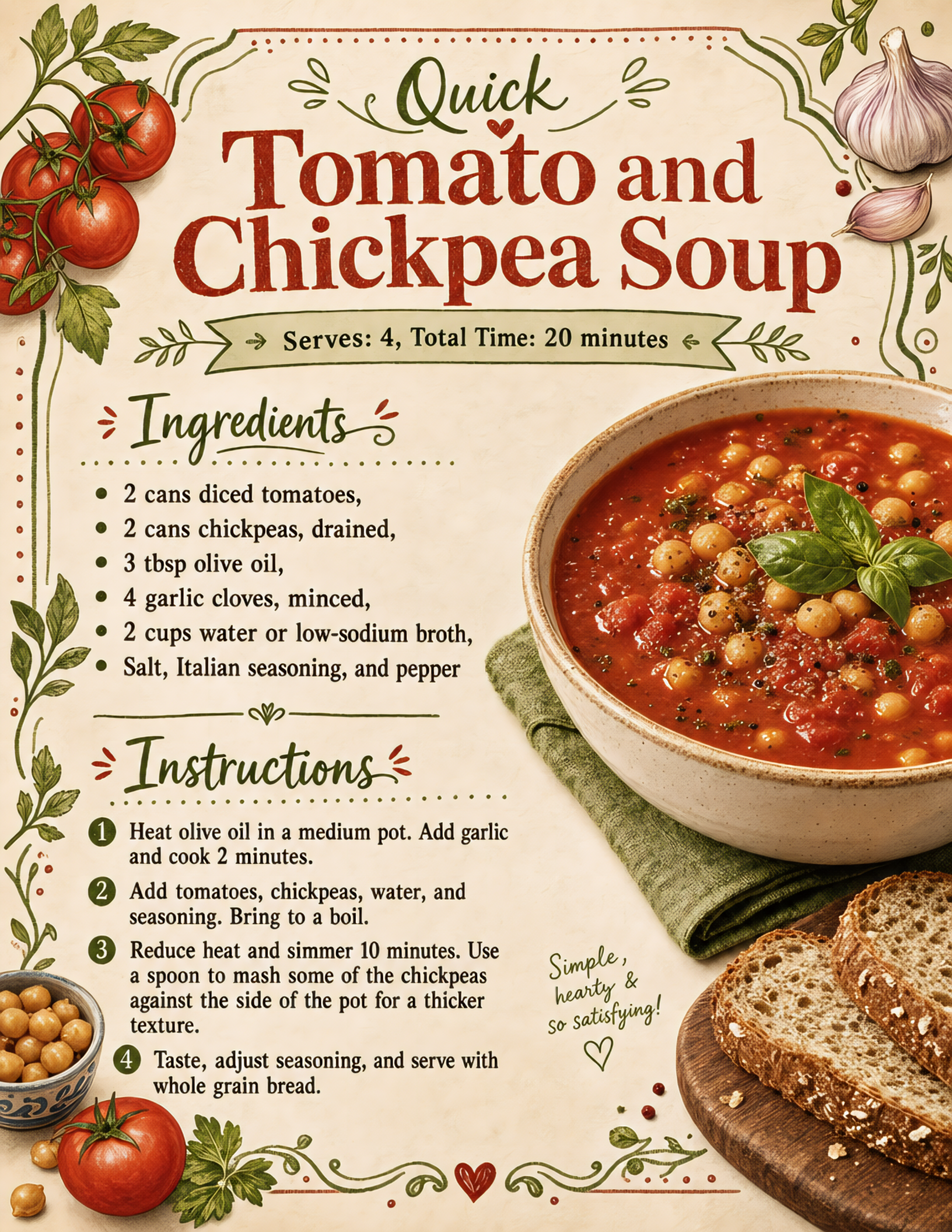




Quick Tomato and Chickpea Soup

→ Serves: 4, Total Time: 20 minutes ←

Ingredients

- 2 cans diced tomatoes,
- 2 cans chickpeas, drained,
- 3 tbsp olive oil,
- 4 garlic cloves, minced,
- 2 cups water or low-sodium broth,
- Salt, Italian seasoning, and pepper

Instructions

- 1 Heat olive oil in a medium pot. Add garlic and cook 2 minutes.
- 2 Add tomatoes, chickpeas, water, and seasoning. Bring to a boil.
- 3 Reduce heat and simmer 10 minutes. Use a spoon to mash some of the chickpeas against the side of the pot for a thicker texture.
- 4 Taste, adjust seasoning, and serve with whole grain bread.

Simple,
hearty &
so satisfying!

