

Pasta e Ceci

Serves 8



Ingredients:

- 2 Tablespoons olive oil
- 1 medium onion, diced small
- 3 stalks celery, diced small
- 3 cloves garlic, minced
- 1 teaspoon dried rosemary (or fresh, minced)
- 3 Tablespoon tomato paste
- (1) 32-ounce carton of low-sodium broth (vegetable or chicken)
- 32 ounces water, more as needed
- (1) 15.5-ounce can low-sodium chickpeas, drained and rinsed
- (1) 16-ounce package ditalini, elbow, or other small pasta shape
- ½ teaspoon salt
- ½ teaspoon pepper
- Fresh parsley or basil, for garnish



Instructions:

1. Heat a large pot or saucepan with a lid on medium low and add olive oil.
2. Add onion, celery, garlic, and rosemary. Cook low and slow with the lid on for 10-12 minutes or until the vegetables are soft and aromatic.
3. Stir in tomato paste and cook for 3-4 minutes.
4. Add the broth, 2 cups of water, and half of the can of chickpeas, increase heat to medium and bring to a simmer.
5. In a blender, food processor, or high-sided container for an immersion blender, combine reserved chickpeas with 1 cup water and blend well until smooth. Add more water if needed.
6. Stir the chickpea mixture into the skillet.
7. Add the pasta, salt, and pepper. Simmer gently until the pasta is cooked through. Add more water if the mixture is too thick.
8. Sprinkle with freshly torn basil or parsley and serve.

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Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	349.5	
	% Daily Value*	
Total Fat	6.7 g	9 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	206.5 mg	9 %
Total Carbohydrate	59.2 g	22 %
Dietary Fiber	6.3 g	23 %
Total Sugars	5.9 g	
Added Sugars	0 g	0 %
Protein	13.8 g	
Vitamin D	0 mcg	0 %
Calcium	48.7 mg	4 %
Iron	3 mg	16 %
Potassium	295.9 mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>