

# Chickpea Noodle Soup

Prep 10 min | Cook 6-8 hr | Enjoy in 6-8 hr

This slow cooker soup brings all the flavours of a classic chicken noodle soup, and you can make it without chicken! Chickpeas provide plant-based protein, and the whole wheat noodles offer whole grains to keep you fueled for the day ahead. If you'd like an extra protein kick, add chicken to the recipe.

## INGREDIENTS

- 1 cup onion, diced
- 1 cup carrot, peeled and diced
- 1 cup celery, diced
- 1 clove garlic, minced
- 1 tsp fresh parsley
- 1 tsp dried thyme
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- 6 cups vegetable stock
- 1 can chickpeas, low sodium, drained and rinsed
- 1 cup whole wheat pasta, uncooked
- Optional: 1 chicken breast (.5 lb) chicken breast cut into ½ inch cubes

## DIRECTIONS

1. Mix all the ingredients except pasta in slow cooker and cook on low for 4 hours or high for 2 hours.
2. 20-30 minutes before serving, add pasta to slow cooker. Cover and let cook until pasta is tender, about 20 minutes.
3. Serve and enjoy!

## NUTRITIONAL FACTS

Per 1 ½ cup serving without chicken: 142 calories, 2 g fat, 5 g protein, 29 g carbohydrate (24 g available carbohydrate), 5 g fibre, 121 mg sodium

Per 1 ½ cup serving with chicken: 207 calories, 4 g fat, 17 g protein, 29 g carbohydrate (24 g available carbohydrate), 5 g fibre, 121 mg sodium