

## “Mock” Chicken Noodle Soup

### Ingredients:

**1 can of garbanzo beans or chickpeas, drained and rinsed**  
**1 cup onion, diced**  
**1 cup of celery, diced**  
**1 cup of carrot, diced**  
**½ cup small pasta**  
**4 Tbsp. Olive oil**  
**4 cups of water**  
**1 tsp. Black Pepper**  
**Sea salt**

### Description:

**Heat 3 tbsp. of olive oil in a soup pot and sauté the onion for a 1 or 2 minutes and then add the can of chickpeas. Add 4 cups of water, cover and bring it to a boil then take it down to a simmer for 5-10 minutes.**

**In a separate skillet, heat up the remaining tbsp. of olive oil and sauté the carrots with a pinch of sea salt for 1 or 2 minutes and then add the celery and sauté it for a 1 or 2 minutes.**

**Blend the chickpea mixture in a blender or with a hand blender in the pot. Add ½ tsp. sea salt and simmer for 5 minutes. Add the celery and carrots to the chickpea mixture along with the pasta and ½ tsp. of sea salt and 1 tsp. black pepper. Cook for 8-10 minutes. If the soup gets too thick, add water for the consistency desired.**