

Garbanzo Tomato Pasta Soup

A VERY easy vegetarian meal in a bowl. The combination of garbanzo beans (chick peas) with pasta creates the complex proteins a vegetarian needs. Very palatable for the garlic and tomato lover.

Recipe by Wayne Wright | Created on **Nov 16, 2021**

Ingredients

- 3 (14.5 ounce) cans vegetable broth
- ¾ cup small seashell pasta
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- salt and pepper to taste

Directions

- Bring vegetable broth to a boil in a large pot. Add pasta and cook for 8 to 10 minutes or until al dente.
- Meanwhile, heat oil in a small skillet over medium heat. Saute onions and garlic until translucent. Stir into pasta and add garbanzo beans, tomatoes, basil, thyme, salt and pepper. Heat through and serve.

Nutrition Facts

Serving: **4 servings** | Calories: **276 kcal** | Carbohydrates: **48.8 g** | Protein: **9.6 g** | Saturated fat: **0.7 g** | Sodium: **1698.6 mg** | Fiber: **7.7 g** | Sugar: **11.2 g**

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