

# Orzo and Chickpea Vegetable Soup



## Ingredients

1 Tbsp water	4 Tbsp homemade Lifestyle Pesto
2 cups chopped onion	1 can chickpeas, drained and rinsed
1 cup chopped leeks	2 tsp dried parsley
1 Tbsp dried rosemary	1/4 tsp black pepper
3 cloves garlic, minced	1/3 cup uncooked whole wheat orzo
2 cans diced tomatoes, (14.5 oz)	1 cup green beans, fresh or frozen
6 cups unsalted vegetable stock	1 1/2 cups diced zucchini

## Instructions

In a large soup pot, add 1 Tbsp water. When the water begins to sputter, add onions, leeks, and rosemary and sauté about 3 minutes, adding water just as needed to prevent sticking.

Add the garlic and sauté for about 2 minutes more.

Next add tomatoes, vegetable stock, pesto, chickpeas, parsley, and pepper and bring to a boil. Cover and reduce heat. Simmer for about 20 minutes.

In another pot, cook orzo according to package.

Add cooked orzo to soup pot along with green beans and zucchini. Cook just until heated through to keep vegetables green and crispy.

## Nutrition Information Per Serving

Serving Size: Serves 12

Calories: 130

Fat: 2.5 gm

Sodium: 95 mg

Fiber: 4 gm

Carbohydrates: 21 gm

Protein: 4 gm