

Orzo and Chickpea Vegetable Soup



Ingredients

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

Serves 6

Calories: 130

Fat: 2.5 gm

Sodium: 95 mg

Fiber: 4 gm

Carbohydrates: 21 gm

Protein: 4 gm