

NOODLE SOUP

Serves: 6 to 8
Vegan; Gluten-free option

Ingredients

- 2 Tablespoons olive oil
- 1 white onion, *chopped*
- 4 medium carrots, *chopped*
- 4 celery stalks, *chopped*
- 4 cloves of garlic, *minced*
- 8 cups broth (plus more if you prefer)
- 1 can chickpeas, *drained*
- 1½ cups dry orzo pasta (or other short pasta)
 - Or gluten free pasta
- 2 lemons, *freshly squeezed*
- 2 Tablespoons parsley, *chopped*

Instructions

1. In a large stock pot, add chopped onion, carrots, and celery along with 2 Tablespoons olive oil. Saute for 5 minutes over medium heat.
2. Add minced garlic and saute for 2 minutes.
3. Add broth, chickpeas and dry pasta. Bring soup to a boil.
4. Boil until pasta is al dente (read package instructions.)
5. Remove from heat.
6. Add in lemon juice and parsley. Serve hot.

Cost per Serving:

Using organic ingredients, **\$2.66 per meal**

\$15.94 for six servings

Skills Practiced

- Measuring
- Chopping
- Mincing
- Boiling

Rooted Nutritional Nugget

We love adding chickpeas to noodle soup with nourishing veggie broth. Chickpeas are loaded with protein AND fiber!! Fiber is vital to overall health and is only found in the plant kingdom.

