Dinner, Mediterranean

Cozy Chickpea and Farro Vegetable Soup

A warmly spiced broth simmered with carrots, squash, and chickpeas, brightened with lemon. It is ladled over farro in each bowl for a hearty, satisfying meal.



Freezer safe

70 min	150	26 g	6 g
time	calories	carbs	sugars

Ingredients, 9 servings

- [ ] 1 tbsp olive oil
- [ ] 1 med onion(s) (diced)
- [ ] 2 clove garlic (minced)
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 tsp smoked paprika
- [ ] 1/8 tsp cayenne pepper
- [ ] 2 med carrots (peeled and sliced)
- [ ] 2 med yellow squash (unpeeled and diced)
- [ ] 4 cup low sodium chicken broth
- [ ] 1 (15-ounce) can canned diced tomatoes
- [ ] 1 (15-ounce) can chickpeas (garbanzo beans) (drained)
- [ ] 2 tbsp lemon juice
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 cup cooked farro (Dry Packaged Foods)

Nutrition Facts

Per serving

Calories	150
Total fat	2.5 g
Saturated fat	0 g
Sodium	330 mg
Total carbs	26 g
Fiber	5 g
Total sugars	6 g
Protein	6 g

Method

- [ ] 1 Set a large saucepan over medium heat and warm the olive oil in it. Toss in the onion and sauté for 5 minutes, then follow it with the garlic, Italian seasoning, smoked paprika, and cayenne pepper for another 2 minutes of sautéing.
- [ ] 2 Give the carrots and the yellow squash their own 3 minutes of sautéing before you pour in the low sodium chicken broth and the canned diced tomatoes. Bring the pot to boiling, then lower the heat and keep everything at a simmer for 30 minutes.
- [ ] 3 Stir the chickpeas in next and let them simmer for 5 minutes. Finish with a drizzle of the lemon juice, then season the soup using the salt and the black pepper.
- [ ] 4 When it is time to eat, spoon a scant 1/4 cup of cooked farro into the bottom of each soup bowl and ladle the finished soup on top so it covers the farro.

diabic.com/recipes

Scan to open this recipe and its shopping list