



30-Minute Chickpea Noodle Soup with Spinach

INGREDIENTS

1 large yellow onion, diced
3 medium carrots, diced
3 celery stalks, diced
3 garlic cloves, minced
 $\frac{3}{4}$ teaspoon dried thyme
Pinch of red pepper flakes (more if you like spice)
1 tablespoon brown rice flour
8 cups low-sodium vegetable broth
8 ounces uncooked brown rice spaghetti ($\frac{1}{2}$ pound)
2 cups cooked or canned chickpeas (drained)
2 cups baby spinach
1 tablespoon lemon juice
 $\frac{1}{2}$ – $\frac{3}{4}$ teaspoon sea salt
Freshly cracked pepper

INSTRUCTIONS

1. Combine the onion, carrots, celery, garlic, thyme, red pepper flakes in a large soup pot; add $\frac{1}{3}$ cup of water, and sauté over medium-high heat until the onions soften, about 5 to 7 minutes. Add more water as needed to prevent burning.
2. Stir in the brown rice flour. Continue to cook on medium heat, stirring constantly for another 2 minutes.
3. Add the vegetable broth, cover the pot, and bring to a boil. Once boiling, crack the spaghetti noodles in half and add them to the pot. Reduce heat to a simmer and continue to cook, partially covered, for another 12 minutes. Add the cooked chickpeas and continue to simmer for another 3 minutes.
4. Add the spinach, and cook for 1 more minute, just until the spinach is wilted. Turn off the heat, add the lemon juice, salt, and pepper. Depending on the vegetable broth you use, you may need more or less salt. Serve hot.

