

Chickpea Noodle Soup

The nostalgia of chicken noodle soup can be easily made into this healthy and delicious vegan version. Everyone who has had this loves it, even kids!

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
4



Ingredients

6 ounces fusilli noodles, dry
1 block extra firm tofu, pressed and drained
1 can chickpeas, rinsed and drained
2 cups kale, chopped
2 stalks celery, diced
2 carrots, chopped
1 cup frozen mixed peas and corn
1 small onion minced
6 cups water
2 tsp better than boullion
1 tsp garlic powder
2 tbsp nutritional yeast (optional)
Salt and black pepper to taste

Instructions

- 1 In a large sauce pan add in the water, veggies, spices and boullion and bring to a boil.
- 2 While this is heating up cut your tofu into cubes and rinse and drain your chickpeas.
- 3 Once boiling add in the rest of your ingredients, reduce heat to a simmer, cover and cook 15 minutes. Adjust seasonings to taste.
- 4 This soup is great on its own or with a side of toasted sourdough, enjoy!