

Italian Garbanzo Soup



- 2 cans, 15 ounces, garbanzos or chickpeas, rinsed and drained
- 2 large cloves garlic, peeled
- 2 cups fat free, reduced sodium chicken broth
- 2 teaspoons olive oil
- 2 cups cold water
- 1 medium onion, chopped
- 2 tablespoons tomato paste
- 1 teaspoon chopped fresh rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon fresh lemon juice
- 2-1/2 tablespoons flat-leaf parsley, roughly chopped

1. In large saucepan combine garbanzos, garlic, chicken broth and water. Bring to a boil over medium heat. Reduce heat, simmer, covered, 20 minutes or until beans are very soft. Let cool at least 10 minutes.
2. While beans cook, heat oil in small skillet over medium –high heat. Add onion and cook 5 minutes, stirring often.
3. Transfer both/bean mixture and cooked onion to a blender in two batches. Add tomato paste and rosemary. Blend to desired smoothness.
4. Return soup to large saucepan, add salt and pepper and heat to desired temperature for serving. Remove from heat and stir in lemon juice. Garnish with parsley.

Serves 6.

Nutrition Facts		
Servings per recipe: 6		
Calories 196	Calories from fat 27	
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat	trace	2%
Cholesterol	trace	0%
Sodium	649mg	27%
Carbohydrate	35g	12%
Dietary Fiber	7g	28%
Protein	8g	15%
Vitamin A:	5%	Vitamin C: 20%
Calcium:	6%	Iron: 12%
		Folacin: 26%
		Potassium: 10%

Modified from original source: American Institute for Cancer Research, <http://www.aicr.org>.
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