

Chickpea And Pasta Soup

Serves: 4 | **Prep Time:** 20 Min | **Cook Time:** 40 Min | **Difficulty:** Easy



INGREDIENTS

- 12 ounces of Ditalini or another small, short dried pasta
- 18 ounces of Chickpeas (weight after cooking)
- 2 ounces of yellow Onions
- 1 stalk of Celery
- 1 clove of Garlic
- 4 ounces of Guanciale, Pancetta or Bacon
- 2 fl. ounces of Olive Oil
- 8 fl. Ounces of Tomato puree
- 1 sprig of Rosemary
- 2 whole Carrots
- 2 fl. ounces of dry white Wine
- Salt and Pepper to taste

NOTES

Add more chicken broth if you want a soupier consistency.

DIRECTIONS

1. Soak the chickpeas overnight in a large bowl, making sure they remain covered in water.
2. The next morning, drain the chickpeas and boil them in fresh, salted water for around 45 minutes. Check for your preferred level of firmness, then drain them.
3. Wash all of the vegetables and dice the carrots, celery and onions. Very finely chop the rosemary and set all the ingredients aside.
4. In a large sauté pan or dutch oven with a little oil, add the onion, celery and carrots and let them soften and dry for a few minutes. Add the clove of garlic and let it infuse, stirring occasionally to make sure it doesn't burn.
5. Cut the guanciale (or pancetta or bacon) into small strips. Transfer the meat to the pan and add the chopped rosemary, letting it brown for a few minutes.
6. Deglaze the pan with the white wine. Add the salt, pepper and the chickpeas to the pan.
7. Add the tomato puree and let it simmer over low heat for at least 15 minutes. If it starts to look too dry, dilute the soup with a ladle of water.
8. Remove the garlic clove, take about a third of the chickpeas from the pan and put them in the blender. Blend until you get a creamy texture, adding more water if needed for the creamy consistency. Add the creamy chickpea mixture back to the pan and mix it in thoroughly.
9. Meanwhile, bring a pot of salted water to the boil and add the pasta. Cook it until it is al dente. Drain the pasta, add it to the pan and stir, mixing everything well, so that the pasta combines well with all the ingredients.
10. Your Chickpea and Pasta soup is ready to be tasted, and if the salt and pepper are at the right level for you, serve immediately.