



POMINESTRONI



1 8 OZ BOX OF ELBOW PASTA 1 TEASPOON DRIED BASIL
1 TABLESPOON OLIVE OIL 1/2 TEASPOON RED PEPPER
FLAKES
1 CUP CHOPPED CELERY 1 TEASPOON SALT
1 CUP CHOPPED CARROTS 3 CLOVES GARLIC, MINCED
1 CUP CHOPPED ONION
32 OUNCES LOW-SODIUM VEGETABLE BROTH
26 OUNCE POMI CHOPPED TOMATOES
1 PARMESAN CHEESE RIND (OPTIONAL BUT RECOMMENDED!)

- 1 15 OUNCE CAN CHICKPEAS, DRAINED AND RINSED
2 CUPS SPINACH OR KALE
1. IN A LARGE STOCK POT, HEAT OLIVE OIL TO A MEDIUM HEAT. ADD CELERY, CARROTS, ONION, GARLIC, AND SALT.
 2. SAUTE UNTIL VEGETABLES BECOME SLIGHTLY SOFT, ABOUT 3-4 MINUTES.
 3. ADD VEGETABLE BROTH, POMI CHOPPED TOMATOES, PARMESAN CHEESE RIND, DRIED BASIL, AND RED PEPPER FLAKES. BRING TO A BOIL AND REDUCE TO SIMMER FOR 20 MINUTES.
 4. ADD CHICKPEAS, SPINACH, AND PASTA. COOK UNTIL PASTA IS TENDER, ANOTHER 5-6 MINUTES. SEASON TO TASTE WITH SALT AND PEPPER. SERVE WITH SHAVED PARMESAN ON TOP!

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