

## Easy Garbanzo Bean Soup with Vegetables and Herbs

simple, nourishing, and flavorful soup

**TIME**  
**25 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 2-3 garlic cloves, minced
- 1 cup potatoes, peeled and chopped
- 1 can (15 oz) fire-roasted diced tomatoes
- 4 cups chicken or vegetable broth
- 3 cans garbanzo beans (chickpeas), drained and rinsed
- 2 bay leaves
- 1 sprig fresh rosemary
- Salt, to taste
- Black pepper, to taste

### DIRECTIONS

1. Step 1: Heat the Olive Oil: Heat olive oil in a Dutch oven or large soup pot over medium-high heat.
2. Step 2: SautØ the Vegetables: Add:
3. Onion
4. Celery
5. Carrots
6. Potatoes
7. Garlic
8. Season lightly with salt and sautØ for about 5 minutes, until the onions become translucent.
9. Step 3: Add the Remaining Ingredients: Stir in:
10. Fire-roasted diced tomatoes
11. Broth
12. Garbanzo beans
13. Bay leaves
14. Rosemary sprig
15. Step 4: Simmer the Soup: Bring the mixture to a gentle simmer.
16. Cover and cook for 10-15 minutes, until the potatoes are tender.
17. Step 5: Remove Herbs: Take out the bay leaves and rosemary sprig before serving.
18. Step 6: Adjust Seasoning: Taste the soup and add salt and black pepper as needed.
19. Step 7: Optional Thickening Step: For a slightly creamier texture:
20. Blend about 1 cup of the soup until smooth, then stir it back into the pot.

### SWAPS & NOTES

and Substitutions This soup is flexible and easy to adjust depending on what you have available.

Garbanzo Beans Canned chickpeas are convenient and quick Cooked dried chickpeas work just as well Broth Chicken broth adds richness Vegetable broth keeps the soup vegetarian Vegetables You can also add: Spinach or kale Zucchini Bell peppers

