Chickpea Soup with Spinach, Tomatoes, and Basil

1 cup of dried chickpeas (garbanzo beans) soaked over night

5 cups of vegetable or chicken broth

1 onion diced

4 cloves garlic

¼ cup olive oil

1 15 oz can of diced tomato

1 lb chopped baby spinach

¼ cup packed fresh basil chopped

Salt and black pepper to taste

Soak beans overnight to reduce cooking time, then drain. If you don’t soak the beans, just boil them longer until tender.

Put chickpeas in a heavy soup pot with chicken stock and bring to a boil. Reduce heat and simmer until chickpeas are tender. The time needed will depend on how fresh the beans are and whether they were soaked prior. With soaking overnight, they will cook for 1-1.5 hours; without soaking, cook for 2-2.5 hours.

In a separate pan, heat olive oil and sauté onions until soft. Add garlic and cook 2-3 minutes more. Add onions and garlic to the chickpeas, once chickpeas are finished cooking. Add diced tomatoes and let soup simmer on low heat for 30 minutes.

Add chopped spinach and simmer for 15 minutes more. Use an immersion blender if you like to thicken the soup if desired (optional).

Stir in the chopped fresh basil and cook 5 minutes. Season with salt and pepper

Top with Parmesan cheese.