

Garbanzo Bean Tomato Soup

This is a hearty cream-free soup that's loaded with fiber. Bonus: it's quick and easy to make!

Ingredients:

- 1 ¼ cups dried garbanzo beans (or two unsalted 15-ounce cans, drained and rinsed)
- 6 cups low sodium vegetable broth
- 1 cup brown rice
- 2 cans unsalted diced tomatoes
- 4 garlic cloves, minced
- 2 teaspoons chopped fresh rosemary, or 1 teaspoon dried
- 1 teaspoon chopped fresh thyme, or ½ teaspoon dried
- Salt and pepper to taste

Instructions:

1. Make brown rice and garbanzo beans if using dried (note: dried beans take at least 8 hours to soak).
2. In a large pot, sauté the garlic until fragrant (usually takes 30 seconds- 1 minute)
3. Add the vegetable broth to the pot and bring to a boil over high heat.
4. Add diced tomatoes and garbanzo beans, reducing the heat to medium and bringing to a simmer.
5. Transfer two cups of the soup to a blender or food processor, and process until smooth. Return the puree to the pot and stir.
6. Add the cooked rice, salt and pepper.

