

## **Chickpea Tomato Sage Soup**

### **Ingredients:**

- 6 cups of chickpeas
- 1 diced onion (white or yellow)
- 4 diced celery ribs
- 4 diced and peeled large carrots
- Olive oil
- 56 ounces of crushed tomatoes with juice
- 8 cups of vegetable broth
- 2 tablespoons apple cider vinegar
- 4 cups of baby spinach leaves, or 2 cups of dried spinach
- Minced sage
- Salt & pepper to taste

### **Instructions:**

1. Add celery and onions to a pot with olive oil and sauté on medium heat until vegetables are translucent.
2. Add about 2 cups of broth, a tablespoon of sage, and the diced carrots. Boil until carrots are very soft.
3. Once vegetables are cooked well, add the crushed tomatoes, vegetable broth, and chickpeas. Add spinach leaves or dried spinach.
4. Add 2 tablespoons of apple cider vinegar. Apple cider vinegar focuses the flavors of the herbs as you add them in.
5. Begin adding more sage and salt and pepper. The soup should have a heavy sage flavor.
6. Let the soup boil until all vegetables are cooked, the chickpeas are soft, and the desired flavor is achieved.