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# Healthy Chickpea Miso Noodle Soup

Total time: 20 min   Yield: 4 servings

## Ingredients

1 Tbsp extra virgin olive oil  
1 medium sweet onion (diced)  
2 tsp garlic granules  
5 cup vegetable or low sodium chicken broth  
14 oz chickpeas (canned, with liquid)  
2 cup kale (chopped)  
2 Tbsp shiso miso  
2 cup cooked pasta (any shape)  
1/2 fresh lemon

Prep Time: 5 min   Cooking Time: 15 min   Total Time: 20 min

## Instructions

Heat the oil in a medium soup pot; add the onion and cook until translucent, for about 4 minutes.

Add the garlic, broth and can of chickpeas with liquid. The liquid helps to add thickness to the broth. Bring to a simmer; add the kale and cook for 3 to 4 minutes, then reduce the heat to low.

Use a little broth to loosen up the miso paste, then add the miso and pasta to the soup and finish with a big squeeze of fresh lemon juice.

## Recipe brought to you by:

Chef Michi Holland