



# Tuscan Chickpea Soup

## INGREDIENTS

- 4 TBSP oil
- 4 cups onions, finely chopped
- 16 garlic cloves, minced
- 8 cups water
- 2 tsp minced fresh or 1/4 tsp dried rosemary
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 6 cans chickpeas, drained and rinsed, reserve some for garnish
- 28-30 oz. can diced tomatoes, undrained
- 2-4 TBSP balsamic vinegar
- 12 TBSP grated fresh parmesan cheese

## DIRECTIONS

1. In a large soup pot, heat oil over medium heat.
2. Add onions and garlic. Cook 10 minutes, stirring frequently.
3. Stir in water and next 5 ingredients. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Place 4 cups soup at a time in a blender or food processor and process until smooth. Repeat until all the soup is processed.
5. Stir in vinegar, bring to a boil.
6. Remove from heat.
7. Garnish with reserved chickpeas and sprinkle with cheese before serving.