



*The fine ingredients used to make this hearty Ditalini Soup.*


## Hearty Ditalini Soup

AN EASY AND NUTRITIOUS SOUP FOR BUSY EVENINGS

**D**ITALINI SOUP with Chickpeas, Tomatoes, Garlic, and Rosemary is our go-to, soul-warming choice for easy and a quick weeknight dinner. Many years ago, when my oldest was a toddler, and he had two little brothers following him around the house, life was simple yet crazy. I liked to feed my little band of thieves with as much whole, nutritious food as possible. Cooking together is a great family activity and I cherish those times. I still cook that way today. They are all great eaters and it started right from their first foods.

Don't be terribly impressed. My style of cooking came naturally—it was survival. Cooking from scratch was more cost effective and there were three hungry, active, rambunctious, and loud little boys. When we were home all day together, we cooked to give us something to do together. It broke the

monotony of being outnumbered all day by little men and gave them great memories and an adventurous appetite. If I was going to cook for my family, I needed to include them in the process to keep them in the same room and know they were safely occupied. Wooden spoons and metal bowls became toys—loud ones.

This time of year, many find themselves with rushed schedules and limited time. The beauty of this soup is in the simple ingredients and the ease. It is a meal you can easily involve the kids in preparing. Most everything in this recipe can usually be found in your pantry so it's perfect for those days when you haven't got a clue what to throw together for dinner and need something fast. And the soup can accommodate those who want more soup and less pasta, or a soup loaded with pasta for that extra hungry appetite. 

## Ditalini Soup with Chickpeas, Tomatoes, Garlic, and Rosemary

### INGREDIENTS:

- 1 Tbs. olive oil
- 1 medium onion, chopped (1-1/2 cups)
- 3 sprigs fresh rosemary
- 3 cloves garlic, minced (2 tsp.)
- 1 28 oz. can chopped Roma tomatoes
- 1 15-oz. can chickpeas, rinsed and drained
- 4 cups low-sodium vegetable or chicken broth
- 1/2-pound ditalini pasta
- 1/2 tsp. freshly ground black pepper
- 6 Tbs. grated Parmesan cheese
- 2 Tbs. finely chopped fresh parsley, for garnish
- Sour cream for serving



*Shredded rotisserie chicken can be used in addition to the chickpeas for added protein.*

### METHOD

- Heat oil in large soup pot over medium heat. Add onion and rosemary sprigs, and sauté 5 to 7 minutes, or until onion has softened.
- Add garlic, and sauté 30 seconds. Add tomatoes, and season with salt, sauté 3 to 5 minutes. Remove rosemary sprigs.
- Add chickpeas, and slightly mash with fork or potato masher to thicken soup.
- Add broth and bring to a boil.
- If desired, remove 1/2 -2/3 of the solids in the soup and place in a blender. Blend until smooth then return to soup pot and stir in with remaining soup.
- Cook pasta according to directions but cook 1 minute less than package directions suggest. Add pasta when serving. This way the pasta doesn't get soft sitting in the soup.
- Season soup with salt and pepper. Garnish each serving with 1 Tbs. Parmesan and 1 tsp. basil.
- Optional, it tastes great with a dollop of sour cream or Crème Fraîche.

## Pro Tip

If your family prefers meat and potatoes and the protein from the chickpeas isn't quite enough, you could serve the soup as a starter course or add shredded rotisserie chicken or grilled shrimp to the soup.

## Culinary Notes

Crème Fraîche is a wonderful alternative to sour cream. With a slightly higher fat content, Crème Fraîche is thicker, richer, and less tangy than sour cream. Since it won't curdle if you boil it, it's great to use in soups and sauces.



*The Roeckell family likes to go heavier on the pasta with this soup recipe.*



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*Ditalini soup is an easy-to-make-family dinner.*