



Italian Pasta and Chickpea Stew

GF
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option

INGREDIENTS

1 tbsp Gustare Vita olive oil
1 medium yellow onion,
chopped
1 medium carrot, peeled
and sliced ¼-in. thick
2 stalks celery, sliced ¼-in.
thick
2 cloves garlic, minced
5 cups Hy-Vee vegetable
cooking stock
1 (15-oz.) can Hy-Vee no-
salt-added garbanzo
beans, drained and rinsed
1 (14.5-oz.) can Hy-Vee
diced Italian style tomatoes,
undrained
1 tbsp fresh rosemary,
finely chopped
1 tsp Hy-Vee black pepper,
plus additional for garnish
1 (8-oz.) pkg. gluten-free
chickpea pasta shells
fresh Parmesan cheese,
shaved; for serving
1 lemon, zested and juiced;
for serving

PREPARATION

- 1** Heat olive oil in a large Dutch oven over medium heat. Add onion carrot, celery, and garlic. Cook for 8 to 10 minutes or until softened, stirring occasionally.
- 2** Stir in stock, garbanzo beans, undrained tomatoes, rosemary, and 1 teaspoon pepper. Bring to a boil over high heat. Reduce heat to medium-low; simmer for 2 to 3 minutes.
- 3** Return to a boil. Stir in pasta. Reduce heat; simmer for 9 to 11 minutes or until pasta is al dente.
- 4** Ladle stew into serving bowls. Top with Parmesan cheese, lemon zest, a squeeze of lemon juice, and additional black pepper.

NUTRITION FACTS

Calories: 270
Total Fat: 6g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 5mg

Sodium: 660mg
Carbohydrates: 40g
Fiber: 9g
Sugar: 6g
Protein: 13g