

## Chickpea Soup with Orzo & Greens

4 Tbsps olive oil, more for drizzling  
6 medium carrots, peeled and chopped  
2-3 fennel bulbs or 6 celery stalks, chopped  
3 medium onions, chopped  
6 garlic cloves, minced  
Pinch of red-pepper flakes  
2 Tbsps minced fresh rosemary (optional)  
6-8 cups vegetable broth (+ water, as needed)  
3 15 oz cans chickpeas  
2 cups roughly chopped cherry or grape tomatoes  
1-½ cups whole-wheat or regular orzo or other small pasta  
3 quarts loosely packed baby mustard greens or spinach or kale (about 1 lb)  
Salt and black pepper to taste  
Chopped scallions, for garnish (optional)  
¾ cups finely grated Parmigiano-Reggiano, plus more as needed (optional)

Heat olive oil on medium-high. Add carrots, fennel or celery, and onion. Cook until tender, about 5-7 mins.

Add garlic, red-pepper flakes, and rosemary. Cook 2 mins, stirring.

Add broth and bring to a boil. Once boiling, add chickpeas, tomatoes, and orzo. Reduce to a simmer and cover. Simmer 10 mins or until orzo is tender.

Uncover and stir in greens, letting them simmer until soft, about 2 minutes.

Add more water if needed and season with salt and pepper. Top with chopped scallions and grated cheese once in containers.