



Chickpea, Chicken & Ditalini Soup

by **Clinton Kelly**



A hearty bowl of broth, beans, pasta, veggies, and tender chicken—like pasta e fagioli and chicken soup had a very comforting baby. Naturally thickened with smashed chickpeas and finished with lemon and Parmesan, this is weeknight gold.

Prep Time:
10 Mins

Cook Time
25–30 mins

Serves:
4–6 Servings

Level:
Beginner

Ingredients

- 2 tablespoons olive oil
 - 1 medium onion, chopped
 - 2 cloves garlic, minced
 - 6 cups high-quality chicken stock (homemade if possible)
 - 1 (15 oz) can chickpeas, rinsed and drained
 - 2–3 carrots, peeled and sliced
 - 1 cup ditalini (or other small tubular pasta)
 - 1 cup frozen peas
 - 1 cup frozen chopped spinach
 - 1½–2 cups shredded cooked chicken (poached, leftover, or rotisserie)
 - Kosher salt
 - Freshly cracked black pepper
- Optional Finishes:**
- Freshly grated Parmesan
 - Lemon juice
 - Red pepper flakes

Instructions

Step 1

Heat olive oil in a large pot over medium heat. Add the onion and cook 5–7 minutes until softened and translucent. Add garlic and cook 1 minute more.

Step 2

Pour in the chicken stock and add the chickpeas. Using a potato masher or the back of a spoon, smash about half the chickpeas directly in the pot to naturally thicken the soup.

Step 3

Add the sliced carrots and simmer for 5 minutes until slightly softened.

Step 4

Stir in the ditalini and cook 8–10 minutes, until al dente.

Step 5

Add frozen peas and chopped spinach. Simmer 2–3 minutes until heated through.

Step 6

Stir in the shredded chicken and simmer just 1–2 minutes to warm gently. (Adding it last keeps the chicken tender.)

Step 7

Season with salt and freshly cracked black pepper. Add more stock if you prefer a brothier soup.

Serving & Finishing

- Shower each bowl with freshly grated Parmesan
- Add a squeeze of lemon to brighten everything
- Finish with red pepper flakes if you want heat
- Optional drizzle of olive oil for richness