

Ham 'n' Chickpea Soup

Linda Arnold

Taste of Home Light & Tasty - April/May 2007

Servings: 4

Preparation Time: 15 minutes

Cook time: 25 minutes

1/2 cup uncooked orzo pasta
1 small onion, chopped
2 cloves garlic, minced
2 teaspoons canola oil
1 cup fully cooked lean ham, cubed
1 teaspoon dried rosemary, crumbled
1 teaspoon rubbed sage
2 cups reduced-sodium beef broth
1 can (14 1/2 oz) diced tomatoes, undrained
1 can (15 oz) chickpeas or garbanzo beans, rinsed and drained
4 tablespoons Parmesan cheese, grated
1 tablespoon fresh parsley, minced

Cook the orzo according to package directions.

In large saucepan, saute' the onion and garlic in oil for 3 minutes.

Add the ham, rosemary and sage. Saute' 1 minute longer.

Stir in the broth and tomatoes.

Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.

Drain the orzo. Stir into the soup.

Add the chickpeas. Heat through.

Sprinkle each serving with the Parmesan cheese and parsley.

Per Serving (excluding unknown items): 66 Calories; 4g Fat (52.2% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 99mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.