

Chickpeas & Pasta

10 oz tagliatelle
10 oz dried chickpeas or
30 oz canned chickpeas
1 tsp soda bicarb
some salt & pepper
1 bay leaf

1 clove garlic, chopped
1 onion, chopped
1 carrot, chopped
1 stick celery, chopped
some fresh parsley, chopped

8 oz canned plum tomatoes
some olive oil

1. wash dried chickpeas, soak in warm water, add soda bicarb and 1tsp salt. Soak overnight.
2. drain and cook with bay leaf
3. chop garlic, onion, carrot, celery, parsley
4. drain chickpeas, add to pan
5. add chopped vegetables & canned tomatoes
6. cook on low
7. boil water & salt
8. add half the pasta, cook & drain
9. heat oil in a pan, add remaining uncooked pasta, broken into smaller pieces
10. in serving bowl, add cooked pasta, the chickpeas with sauce, and fried pasta
11. mix and enjoy

adapted from The Top One Hundred Pasta Sauces by Diane
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August 2010