

Pasta e Ceci (Pasta with Chickpeas)

Prep: 10 minutes • Cook: 20 minutes

A cozy Roman-inspired stew where chickpeas and ditalini simmer with garlic, rosemary, and tomato until glossy and rich with olive oil. Hearty yet simple, it delivers deep, savory comfort from pantry staples.

Ingredients

- 4 tablespoons olive oil (extra virgin)
- 2–3 cloves garlic (peeled and halved lengthwise)
- 1 sprig fresh rosemary
- 1/4 teaspoon red pepper flakes (optional; more to taste)
- 2 tablespoons tomato paste
- 1/2 cup dry white wine
- 2 (15-ounce) cans chickpeas (drained and rinsed)
- 4 cups vegetable broth (more if needed)
- 8 ounces ditalini pasta (dry (sub small shells or macaroni))
- 2 cups spinach or chard (chopped, fresh)
- to taste salt
- to taste black pepper
- for serving non-dairy parmesan cheese
- for serving olive oil (for drizzling)
- for serving fresh parsley (minced)

Instructions

1. Heat the olive oil in a large Dutch oven over medium heat until shimmering.
2. Add the garlic, rosemary, and red pepper flakes; sauté 3–4 minutes until the garlic is very lightly golden, reducing heat if needed to prevent burning.
3. Stir in the tomato paste and cook 2–3 minutes, stirring frequently, until the paste darkens in color.
4. Pour in the white wine, bring to a simmer, and cook 2–3 minutes until slightly reduced and emulsified (oil and wine no longer separated).
5. Remove from heat and discard the rosemary sprig.
6. Add 1/2 cup of the chickpeas and 1 cup of the broth; puree with an immersion blender until smooth.
7. Return the pot to the stove; add the remaining chickpeas and broth and bring to a boil.
8. Add the ditalini, reduce to a medium simmer, and cook, stirring every few minutes, until the pasta is 1–2 minutes shy

of al dente per package directions.

9. Stir in the chopped greens, remove from heat, and let sit 1–2 minutes to wilt.

10. Season to taste with salt and pepper. Serve in bowls with a drizzle of olive oil, vegan parmesan, and minced fresh parsley.

Tags: Italian, Vegan, One Pot, Pasta, Chickpeas, Comfort Food, Quick and Easy, Easy Recipe

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