

Colorful Pasta and Chickpeas

INGREDIENTS

- 4 tablespoons of dried chickpeas (to be soaked)
- 60 grams of pasta of your choice
- Chopped carrots, celery, and onion
- 3 teaspoons of extra virgin olive oil
- 3 teaspoons of grated Parmesan cheese
- 2 or 3 tablespoons of tomato puree
- 1 teaspoon of tomato concentrate (to taste)
- Salt and pepper to taste
- 1 sprig of chopped rosemary

PREPARATION AND COOKING TIME: ABOUT 1 HOUR

- Preparation: Soak the dried chickpeas for 12 hours
- Cooking: Approximately 40 minutes

PROCEDURE

- In a saucepan, sauté the chopped carrots, celery, and onion with 30cl of water for 5 minutes. Add rosemary, soaked chickpeas, tomato puree, tomato concentrate, and half a glass of hot water. Mix and cook for 30 minutes over low heat.
- In a pot, bring lightly salted water to a boil and cook the pasta. Drain it al dente and add it directly to the saucepan with the chickpeas until the cooking is complete.
- Mix with grated cheese, 2 teaspoons of olive oil, and a pinch of pepper to taste.
- The consistency should remain soft.
- The preparation can be enjoyed hot or warm.