



Makes 9 cups
Preparation Time: 35 minutes
Cook Time: 10 minutes

INGREDIENTS:

1½ cups chopped carrots
1½ cups sliced fresh mushrooms
1 cup chopped celery
1 cup chopped onion
1 cup frozen corn
1 tablespoon minced garlic
4 cups low-sodium vegetable broth
1¼ teaspoon dried thyme, crushed
1¼ teaspoon dried dill, crushed
6 oz. dry whole wheat rotini pasta
4 cups coarsely chopped fresh escarole or endive
1 15-oz. can no-salt-added chickpeas, undrained
2 teaspoons lemon zest
3 tablespoons lemon juice
Sea salt, to taste
Freshly ground black pepper, to taste
Crusty whole grain French bread (optional)

Creamy Vegetable Soup with Escarole

Escarole, a close relative of endive, has a slightly bitter taste, which beautifully balances out the rich flavors of this creamy vegetable soup. It all starts with a [veggie broth](#) base that's enhanced with umami-rich mushroom, savory onion, and aromatic dill to create an absolutely slurpable soup. A double whammy of lemon—both the juice and zest—add brightness to the bold flavor profile. Whole wheat rotini noodles (any short pasta will work well, though) and [chickpeas](#) add heft to the wilted escarole leaves so you finish each bowl feeling nourished and satisfied. Serve with a side of crusty bread to sop up any extra broth!

For more noodle soup inspiration, check out these tasty ideas:

- [Vegan Pasta Fagioli](#)
- [Toni Okamoto's Sopa de Fideo](#)
- [Winter Squash Soup with Pistachio Gremolata](#)
- [Carrot Ginger Soup with Orzo and Kale](#)

By Nancy Macklin, RDN

- 1 In a large pot cook the first six ingredients (through garlic) over medium 6 minutes, stirring occasionally and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add the remaining broth, the thyme, and dill. Bring to boiling. Stir in rotini and escarole. Return to boiling; reduce heat. Cook, uncovered, 8 to 10 minutes or until rotini is tender.
- 2 Place chickpeas in a small blender or food processor. Cover and blend until very smooth, adding a small amount of water if needed. Add to soup with lemon zest and juice; mix well.
- 3 Season with salt and pepper. Serve with crusty bread (if using).