

**Chickpea Soup**  
(Zuppa di Ceci)

**INGREDIENTS:**

Servings: 2 people

Dried chickpeas	3 1/2 oz
Small onion	1
Small garlic clove	1
Small celery stalk	1
Small carrot	1
Small, ripe tomatoes	2
Olive oil	2 tbs
Vegetable or meat stock (preferably home-made)	1 1/4 pint
Fresh rosemary sprigs	1
Fresh spinach	5 1/2 oz

Servings: 4 people

Dried chickpeas	7 oz
Medium onion	1
Small garlic cloves	2
Small celery stalks	2
Carrot	1
Small, ripe tomatoes	3
Olive oil	3 tbs
Vegetable or meat stock (preferably home-made)	1 1/4 quart
Fresh rosemary sprigs	2
Fresh spinach	11 oz

Servings: 6 people

Dried chickpeas	10 oz
Large onion	1
Garlic cloves	2
Celery stalks	2
Small carrots	2
Ripe tomatoes	4
Olive oil	3 tbs
Vegetable or meat stock (preferably home-made)	1 3/4 quart
Fresh rosemary sprigs	3
Fresh spinach	1 lb

Servings: 8 people

Dried chickpeas	13 1/2 oz
Small onions	2
Garlic cloves	3
Celery stalks	3
Carrots	2
Small, ripe tomatoes	6
Olive oil	1/4 cup
Vegetable or meat stock (preferably home-made)	2 1/2 quart
Fresh rosemary sprigs	3
Fresh spinach	1 1/2 lb

Servings: 10 people

Dried chickpeas	1 lb
Medium onions	2
Small garlic cloves	4
Small celery stalks	4
Carrots	3
Ripe tomatoes	7
Olive oil	1/2 cup
Vegetable or meat stock (preferably home-made)	3 quart
Fresh rosemary sprigs	4
Fresh spinach	1 3/4 lb

Servings: 12 people

Dried chickpeas	1 1/4 lb
Large onions	2
Garlic cloves	4
Celery stalks	4
Small carrots	4
Ripe tomatoes	8
Olive oil	1/2 cup
Vegetable or meat stock (preferably home-made)	3 1/2 quarts
Fresh rosemary sprigs	5
Fresh spinach	2 lb

**TOOLS:**

Large bowl  
Colander  
Chef's knife  
Cutting board  
Wooden spoon  
Stock pot  
Ladle

**PREPARATION:**

Sort the chickpeas, discarding any dark beans. Soak the chickpeas in a large, covered bowl overnight. Drain and rinse.

Peel and *dice the onion*. Peel and *dice the garlic*, and carrots. Thinly slice the celery. *Blanch*, peel, seed, and coarsely *chop the tomatoes*. Strip and chop the rosemary.

Heat the olive oil in a stock pot over medium heat. Sauté the garlic, onion, carrot, and celery for 5 minutes. Add the chickpeas, stock, and tomatoes in the pot and bring it to a boil. Reduce the heat to a simmer. Add the rosemary. Season, to taste, with salt and pepper.

Cook for 1 1/2 hours, stirring occasionally. Wash, *drain*, and *chop the spinach*. Add the spinach in the last few minutes of cooking. Serve hot.