

**GREEN  
CHEF**

# CHICKPEA POT PIE SOUP

Egg noodles & veggies, homemade Parmesan crackers

**FAMILY**

**40**  
MIN

PREP + COOK TIME



**670 calories per serving | serves 4**

A warm, nourishing dish inspired by a family favorite. Here, pot pie is served as a hearty soup, with protein-packed chickpeas standing in for chicken. The chickpeas are simmered in a creamy mushroom broth with red potatoes, carrots, peas, corn, and tender egg noodles. Homemade Parmesan crackers — made from pie dough — add a crispy bite on the side.

## INGREDIENTS (11 items)

**Chickpeas**  
**Red potatoes**  
**Carrots & celery**  
**Pie dough (W)**  
**Parmesan cheese (D)**  
**Milk (D)**

LOOK FOR THIS COLOR LABEL! 

**Butter (D)**  
**Flour with basil-thyme spice blend (W)**  
**Peas & corn**  
**Mushroom bouillon**  
**Egg noodles (E)(W)**

All recipes contain organic ingredients.  
Look for organic on the label.

Contains: **(W)** wheat, **(D)** dairy, **(E)** egg  
🍽 Wash & dry fresh produce.



## FROM YOUR PANTRY


cooking oil, salt & pepper, foil, flour

## TOOLS YOU'LL NEED

knife & cutting board, large pot, cooking spoon, liquid measuring cup, can opener, strainer, baking sheet, oven mitt, rolling pin, medium pot, ladle, biscuit cutter



### 1 COOK NOODLES

 **Preheat oven to 400 degrees.** Bring **pie dough** to room temperature. Bring a medium pot of lightly salted water to a boil. Add **egg noodles** to boiling water; stir. Cook 8-10 minutes, or until al dente. Strain. Shake off excess water. (See Step 7 to finish.)



### 2 COOK POTATOES & VEGGIES

Meanwhile, open, drain, and rinse **chickpeas**. Medium dice **red potatoes** into about ½-inch pieces. Heat about 1 ½ tablespoons cooking oil in a large pot over medium heat. Add potatoes and **carrots and celery** to hot pot. Lightly season with salt and pepper. Cook 3-4 minutes, stirring occasionally.



Pro Tip: Flour and butter form a roux that, when heated, thickens the soup.

### 3 MAKE ROUX

Add **butter** to pot with veggies. Stir until butter melts. Sprinkle **flour with basil-thyme spice blend** over veggies; stir. Cook 2 minutes, stirring frequently.



### 4 BUILD SOUP & SIMMER

Slowly add **milk** to pot with veggies while stirring. Add 2 cups water; stir. Bring to a boil. Crumble **mushroom bouillon** over pot; stir to dissolve. Reduce heat to medium-low. Add **chickpeas** and **peas and corn**; stir. Lightly season with salt and pepper. Simmer 12-15 minutes, or until veggies are tender and soup thickens, stirring occasionally.




### 5 FORM CRACKERS

Pro Tip: Use flour if needed. If pie crust cracks while rolling it out, pinch it back together. Meanwhile, unroll **pie dough**. Cut out 6-8 circles with a biscuit cutter (or a water glass). Place circles on a foil-lined baking sheet. Combine remaining dough. Roll out to about ¼-inch thickness with a rolling pin (see Pro Tip). Repeat cutting process, forming a total of 10-12 circles.



### 6 BAKE CRACKERS

Sprinkle **Parmesan cheese** and a small pinch of black pepper over crackers. Bake 8-10 minutes, or until crackers are golden brown.  Let cool slightly.



### 7 FINISH SOUP

Transfer **egg noodles** to pot with soup. Stir to combine. Salt and pepper to taste.



### 8 PLATE YOUR DISH

Ladle **chickpea pot pie soup** between bowls. Serve **Parmesan crackers** on the side. Enjoy!

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