

Italian Garbanzo Bean Soup

- 1 Tbs Olive Oil
- 1 Onion, chopped
- 2 cloves Garlic, minced
- 2 Carrots, diced
- 1 1/2 cups Garbanzo Beans or (1-15oz can)
- 1 1/2 cups Diced Tomatoes
- 3 cups Vegetable Broth
- 2 handfuls of Spinach
- 1 tsp Oregano, dried
- 1 tsp Italian Seasoning
- Salt to Taste (Himalayan)

- In a large pot, sauté onions in olive oil for about 3 mins. Add in carrots, garlic, and stir. Cook for 4 mins.
- Add broth, beans, tomatoes, oregano, and italian seasoning. Cook for 10-15 mins.
- Stir in spinach and cook for another 3 mins. Salt to taste.

Italian Dressing

- 1/2 cup Olive Oil
- 1/4 cup Lemon Juice
- 1 Tbs Agave or Honey
- 1/2 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Himalayan Salt

- Whisk everything together into a bowl.