



**Prep and cook time:** 25 minutes

**What you need:**

- 2 teaspoons olive oil
- ½ cup diced onion
- 1½ cups water
- 16 ounces chicken broth
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 can garbanzo beans (chickpeas), drained
- 1 can diced tomatoes
- ½ cup uncooked ditalini pasta (short tube-shaped macaroni)
- 2 teaspoons chopped parsley

**Equipment and supplies:**

- Measuring cups and spoons
- Knife for chopping
- Large stock pot

**What to do:**

1. Heat olive oil in pot over medium heat. (Be sure to get an adult's help when using the stove.)
2. Add onion and sauté until lightly browned.
3. Add water and next 6 ingredients.
4. Bring to a boil, cover, and reduce heat. Simmer for 5 minutes.
5. Add pasta and cook additional 10 minutes, or until pasta is tender but not overcooked.
6. Stir in parsley.

**How much does this recipe make?**

8 1-cup servings