

## SMOKEY ROASTED TOMATO & HARISSA SOUP MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time  
**30 MIN.**

Serving Size  
**250 ML**

Difficulty  
**EASY**

A North African inspired tomato soup with spicy Harissa, garlic, onions, paprika, and parsley.

Yields  
**12**

### Nutrition Facts

Serving Size 250 mL

#### Amount Per Serving

**Calories** 120

% Daily Value

**Total Fat** 3.4g **5%**

**Saturated Fat** 0.5g **3%**

**Cholesterol** 0mg **0%**

**Sodium** 622mg **26%**

**Total Carbohydrate** 20.1g **7%**

**Dietary Fiber** 1.1g **4%**

**Protein** 2.1g **4%**

Vitamin A % Vitamin C %

Calcium 2% Iron 4%

### INGREDIENTS

#### WEIGHT

#### MEASURE

olive oil	3 tbsp	45 mL
onion, thinly sliced	1 cup	250 mL
garlic, peeled, minced	1 tbsp	15 mL
paprika, smoked	1 tsp	5 mL
Harissa dry seasoning	5 tbsp	75 mL
Campbell's® Condensed Tomato Soup	1 can	
water	6 cups	1 1/2 L
kosher salt	1 tsp	5 mL
fresh parsley, chopped	2 tbsp	30 mL

### INSTRUCTIONS

- Using a large sauce pot, heat olive oil over medium heat.
  - Add onions. Cook for 3-4 minutes, until onions start to soften.
  - Add garlic until lightly toasted, about 1-2 minutes.
  - Add smoked paprika and half of the harissa (2-1/2 tablespoons). Toast for 2-3 minutes on low heat.
  - Add Campbell's® Condensed Tomato Soup, water and salt. Simmer for 15 minutes on medium heat.
- CCP: Heat to a minimum internal temperature of 74°C for 1 minute.
- CCP: Hold for hot service at 60°C or higher until needed.

To serve: Portion 250 mL soup into a serving bowl. Top each bowl with fresh basil. Garnish with parsley. Serve.