

# 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
<b>Amount Per Serving</b>	
<b>Calories</b> 120	
	<b>% Daily Value</b>
<b>Total Fat</b> 3.4g	<b>5%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 622mg	<b>26%</b>
<b>Total Carbohydrate</b> 20.1g	<b>7%</b>
<b>Dietary Fiber</b> 1.1g	<b>4%</b>
<b>Protein</b> 2.1g	<b>4%</b>
Vitamin A %	Vitamin C %
Calcium 2%	Iron 4%

INGREDIENTS	WEIGHT	MEASURE
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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.