



Total Time  
**MIN.**

Serving Size  
**8.5 OZ/236.6 G**

Difficulty  
**EASY**

Spiced with oregano, cumin and smoked paprika, this one-pan vegetarian stew served with toasted Italian bread makes a simple and healthy meal for lunch or dinner.

Yields  
**32**

### INGREDIENTS

	WEIGHT	MEASURE
Olive Oil	1/2 cup	125 mL
Onions, minced	4 cups	1 L
Garlic, minced	6 tbsp	90 mL
Ground Cumin	1/2 cup	125 mL
Dried Oregano	1/4 cup	60 mL
Smoked Paprika	1/4 cup	60 mL
Kale, chopped and stemmed	12 oz	340 g
Black Pepper	4 tsp	20 mL
No-Salt-Added Chickpeas, drained and rinsed	1 can 62 oz	1 can 1.84 L
Campbell's® Condensed Tomato Soup	1 can 48oz	1 can 1.36 L
Water	2 cups	500 mL
Lemon Juice	1/4 cup	60 mL
Italian bread, toasted	64 slices	64 slices



### Tip

\* Can also use Campbell's® Condensed Reduced Sodium Tomato Soup, 12 x 1.36 L (48 oz), code #18987



## INSTRUCTIONS

1. To large saucepan set over medium heat, add oil. Add onions and garlic; cook, stirring occasionally, for 3 to 5 minutes or until soft and fragrant. Add cumin, oregano and paprika. Cook, stirring frequently, for 1 to 2 minutes or until toasted.

2. Stir in kale and pepper. Cook, stirring occasionally, for 8 to 10 minutes or until starting to wilt. Stir in chickpeas and cook, stirring occasionally, for 3 to 5 minutes or until well coated.

3. Stir in condensed tomato soup and 2 cups (500 mL) water. Bring to a boil, stirring until smooth. Reduce heat to medium-low. Add lemon juice. Cook, stirring occasionally, for 25 to 30 minutes or until thickened, flavours are married and internal temperature of 165°F (74°C) or higher is held for 15 seconds.

CCP: Hold hot at 140°F (60°C) or higher for serving.

To Serve: Serve with 2 Italian toasts per serving.

CCP:

- Substitute naan for the Italian bread if desired.
- Alternatively, serve over pasta or rice and omit the toasts.
- Substitute chickpeas with cannellini (white kidney) beans or Romano beans for variation.
- Substitute thawed frozen kale, squeezed dry, for the fresh if desired.
- Use spinach instead of kale if preferred.