

# Tomato Chickpea & Kale Soup

TOTAL TIME  
**35 mins**

SERVING / SIZE  
**250 mL**

SERVINGS  
**13**



A hearty plant based tomato soup of chickpeas, kale, onions, garlic, and lemon juice.

**MADE WITH**



**Signature Creamy Tomato Basil Bisque**  
CASE CODE 24861

## Ingredients

30 mL	Canola oil
100 g	Onion, thinly sliced
8 g	Garlic, minced
268 g	Kale, chopped
768 g	Chickpeas (garbanzo beans), canned, rinsed, drained
5 g	Kosher salt
0.5 g	Black pepper, ground
1 tub (1.81 kg)	<b>Signature Creamy Tomato Basil Bisque</b>
1.3 L	Water
1 mL	Lemon juice
Garnish	Fresh basil

## Directions

- Using a large sauce pot, heat canola oil over medium heat. Add onions. Cook for 3–4 minutes, until onions start to soften.
- Add garlic. Lightly toast about 1–2 minutes.
- Add kale. Cook until slightly wilted.
- Add chickpeas, including liquid.
- Add salt, pepper, *Campbell's*® Condensed Tomato Soup and water. Simmer for 10 minutes on low to 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.
- Add lemon juice to adjust flavour profile.

## To Serve

Portion 250 mL (8 oz) soup into a serving bowl. Top each bowl with fresh basil. Serve immediately.