RECIPES > SOUPS, STOCKS & BASES

Tomato Chickpea & Kale Soup

Campbell's Foodservice

TOTAL TIME	SERVING / SIZE	SERVINGS
35 mins	250 mL	13

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

MADE WITH

Campbell's SIGNATURE SOUPS **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)	Signature Creamy Tomato Basil Bisque
1.3 L	Water
1 mL	Lemon juice
Garnish	
	Fresh basil

Directions

1. Using a large sauce pot, heat canola oil over medium heat. Add onions. Cook for 3–4 minutes, until onions start to soften.
2. Add garlic. Lightly toast about 1–2 minutes.
3. Add kale. Cook until slightly wilted.
4. Add chickpeas, including liquid.
5. 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.
6. 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.

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