



Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

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

Yields
13

Nutrition Facts	
Serving Size	250 mL
Amount Per Serving	
Calories 173	
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 31.2g	10%
Dietary Fiber 4.7g	19%
Protein g	0%
Vitamin A %	Vitamin C %
Calcium 6%	Iron 7%

INGREDIENTS	WEIGHT	MEASURE
--------------------	---------------	----------------

canola oil	2 tbsp	30 mL
onion, thinly sliced	1 cup	250 mL
garlic, peeled, minced	1 tbsp	15 mL
kale, chopped	4 cups	1 L
chickpeas (garbanzo beans), canned, rinsed, drained	4 cups	1 L
kosher salt	1 tsp	5 mL
black pepper, ground	1/4 tsp	1 mL
Campbell's® Condensed Tomato Soup	1 can	
water	5 1/2 cups	
lemon juice	1/4 cup	1 mL

INSTRUCTIONS

- 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.
 - 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 flavor profile.
- To serve: Portion 250 mL soup into a serving bowl. Top each bowl with fresh basil. Serve immediately.