

TOMATO CHICKPEA & KALE SOUP MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



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%

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

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

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