

TOMATO SOUP WITH RAS EL HANOUT & PITA MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

A North African inspired tomato soup with Ras El Hanout spice, garlic, onions, chickpeas.

Yields
14

Nutrition Facts

Serving Size 250 mL

Amount Per Serving

Calories 205

% Daily Value

Total Fat 1.4g **2%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 803mg **33%**

Total Carbohydrate 39.4g **13%**

Dietary Fiber 2.9g **12%**

Protein 6g **12%**

Vitamin A % Vitamin C %

Calcium 4% Iron 8%

INGREDIENTS

WEIGHT

MEASURE

| | | |
|---|------------|---------|
| olive oil | 2 tbsp | 30 mL |
| onions, thinly sliced | 1 cup | 250 mL |
| garlic, minced | 2 tbsp | 30 mL |
| Ras El Hanout | 3 1/2 tbsp | 53 mL |
| Campbell's® Condensed Tomato Soup | 1 1/2 can | |
| water | 6 cups | 1 1/2 L |
| chickpeas (garbanzo beans), canned, rinsed, drained | 2 cups | 500 mL |
| white balsamic vinegar | 2 tbsp | 30 mL |
| kosher salt | 2 tsp | 5 mL |
| black pepper, ground | 1/4 tsp | 1 mL |
| pita bread, large (6-1/2" diameter), cut into triangles, warmed | 6 1/4 each | 6 each |

INSTRUCTIONS

- Using a large sauce pot, heat olive oil over medium heat.
 - Add onions. Cook for 3-4 minutes, until onions start to soften.
 - Add garlic and lightly toast garlic about 1-2 minutes.
 - Add Ras El Hanout spice and toast for 1-2 minutes.
 - Add Campbell's® Condensed Tomato Soup and water. Simmer for 10 minutes on low to medium heat.
 - Add chickpeas. Simmer for an additional 5 minutes.
 - Add balsamic vinegar, salt and pepper. Stir to combine.
- 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.
- To serve, portion 250 mL soup into serving bowl. Garnish with warmed pita triangles. Serve immediately.