

TOMATO ZA'ATAR WITH ROASTED CHICKPEAS MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

A Middle Eastern inspired tomato soup with chickpeas, Za'atar, and onions.

Yields
14

Nutrition Facts

Serving Size 250 mL

Amount Per Serving

Calories 177

% Daily Value

Total Fat 4.6g **7%**

Saturated Fat 0.3g **2%**

Cholesterol 0mg **0%**

Sodium 774mg **32%**

Total Carbohydrate 28.5g **10%**

Dietary Fiber 4.7g **19%**

Protein 4.8g **10%**

Vitamin A % Vitamin C %

Calcium 5% Iron 9%

INGREDIENTS

WEIGHT

MEASURE

canola oil	3 tbsp	45 mL
onions, thinly sliced	1 cup	250 mL
Za'atar seasoning	5 tbsp	75 mL
Campbell's® Condensed Tomato Soup	1 can	
water	6 cups	1 1/2 L
chickpeas (garbanzo beans), canned, rinsed, drained	4 cups	1 L
kosher salt	1 tsp	5 mL
white balsamic vinegar	2 tbsp	30 mL

INSTRUCTIONS

1. Using a large sauce pot, heat canola oil over medium heat.
2. Add onions. Cook for 3-4 minutes, just until onions start to soften.
3. Add Za'atar seasoning. Toast for 2 minutes.
4. Add Campbell's® Condensed Tomato Soup and water. Simmer on low to medium heat for 10 minutes.
5. Add chickpeas. Continue to simmer for 3-4 minutes.
6. Add salt and balsamic vinegar.

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. Serve immediately.