

SMOKEY ROASTED TOMATO & HARISSA SOUP MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time
30 MIN.

Serving & Size
SERVING (8 FL. OZ. LADLE; 1 CUP)


Difficulty
EASY

A North African inspired tomato soup with spicy Harissa, garlic, onions, paprika, and parsley.

Yields
12

Nutrition Facts	
Serving Size	SERVING (8 FL. OZ. LADLE; 1 CUP)
Amount Per Serving	
Calories 120	
	% Daily Value
Total Fat 3.4g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 622mg	26%
Total Carbohydrate 20.1g	7%
Dietary Fiber 1.1g	4%
Protein 2.1g	4%
Vitamin A 4%	Vitamin C 7%
Calcium 2%	Iron 4%

INGREDIENTS	WEIGHT	MEASURE
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olive oil		3 tbsp.
onion, thinly sliced	3 oz.	1 cups
garlic, minced		1 tbsp.
paprika, smoked		1 tsp.
Harissa dry seasoning	3 oz.	5 tbsp.
 Campbell's® Condensed Tomato Soup , 50 oz ea		1 cans
water		6 cups
kosher salt		1 tsp.
fresh parsley, chopped		2 tbsp.

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 until lightly toasted, about 1-2 minutes.
 - Add smoked paprika and half of the harissa (2-1/2 tablespoons). Toast for 2-3 minutes on low heat.
 - Add Campbell's® Condensed Tomato Soup, water and salt. Simmer for 15 minutes on medium heat.
- CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher until needed.
- To serve, using an 8 fl. oz. ladle, portion 1 cup soup into serving bowl.
 - Garnish each portion with ½ teaspoon each of parsley and harissa. Serve immediately.