

TOMATO SOUP WITH RAS EL HANOUT & PITA 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 Ras El Hanout spice, garlic, onions, chickpeas.


Yields
14

Nutrition Facts	
Serving Size	SERVING (8 FL. OZ. LADLE; 1 CUP)
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 3%	Vitamin C 5%
Calcium 4%	Iron 8%

INGREDIENTS

WEIGHT

MEASURE

olive oil		2	tblsp.
onion, thinly sliced	3 oz.	1	cups
garlic, minced		2	tblsp.
ras el hanout	1 oz.	3 1/2	tblsp.
 Campbell's® Condensed Tomato Soup , 50 oz ea		1	cans
water		6	cups
chickpeas (garbanzo beans), canned, rinsed, drained	9 oz.	2	cups
white balsamic vinegar		2	tblsp.
kosher salt		1	tsp.
black pepper, ground		1/4	tsp.
pita bread, large (6-1/2" diameter), warmed		7	ea.

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INSTRUCTIONS

1. Using a large sauce pot, heat olive oil over medium heat.
2. Add onions. Cook for 3-4 minutes, until onions start to soften.
3. Add garlic and lightly toast garlic about 1-2 minutes.
4. Add Ras el Hanout spice and toast for 1-2 minutes.
5. Add Campbell's® Condensed Tomato Soup and water. Simmer for 10 minutes on low to medium heat.
6. Add chickpeas. Simmer for an additional 5 minutes.
7. Add balsamic vinegar, salt and pepper. Stir to combine.
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.
7. To serve, using an 8 fl. oz. ladle, portion 1 cup soup into serving bowl. Garnish with warmed pita triangles. Serve immediately.