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HELPING KEEP TASSIE KIDS HEALTHY!

## Spicy Tomato and Chickpea Soup | **Green recipe**

Prep time 20 minutes  
Serves 8

### Ingredients:

1 can of chickpeas  
1 tbs oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
½-1 tsp paprika and cumin  
425g can chopped tomatoes  
2 cups vegetable stock  
2 tsp balsamic vinegar

### Method:

Heat the oil in a large pan, add the onion and cook for 5 minutes, or until very soft and lightly golden. Add the garlic, paprika and cumin and cook for 1 minute then add the tomato and stock. Take out 1 cup of the soup mixture and put aside. Transfer the rest to a food processor and process until smooth. Return this mixture to the pan with the reserved 1 cup of unprocessed soup and chickpeas. Bring to the boil and simmer for 15 minutes. Stir in the vinegar and season to taste.