Great RECIPES

Smoky Spanish Style Tomato & Chickpea Soup.

Serves:4 Gluten Free Vegetarian

Ingredients

l tbsp Raw Materials EVO Oil

l small Onion thinly sliced

2 cloves Garlic minced

2 tsp Bolero Sweet Smoked Paprika

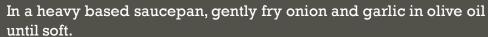
2 cups Raw Materials Chickpeas cooked*

500g jar Raw Materials Tomato Pasta Sauce

2 x 500ml Moredough Kitchens Vegetable Stock

l tbsp Capirete Sherry Vinegar

Raw Materials Salt Flakes & Pepper to taste



Stir through smoked paprika and cooked chickpeas.

Add pasta sauce and chicken stock and then bring to the boil.

Simmer for 5-10 mins. Check for seasoning.

Finish with sherry vinegar before serving.

Easy variations:

Fry off slices of chorizo to garnish.

Stir through fresh spinach leaves before serving.

Cook with fish stock and add diced white fish with chickpeas.

Add chopped chilli with garlic & onion for some heat

*We precook our chickpeas by throwing them in the slow cooker for 2-3 hours or a pressure cooker for 15 minutes covered in MK Stock. Keep them in the freezer once cooked for quick meals like this.

www. RAWMATERIALS. com.au



