








Tomato Chickpea Soup



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Nothing beats a warm bowl of hearty soup, right? Lucky for us, soup can be incredibly flavorful and remarkably healthy at the same time. Roasting the vegetables and chickpeas gives tomato chickpea soup tons of flavor. It's a simple combination of flavors that really delivers!

 Course	Soup
 Cuisine	American
 Prep Time	5 minutes
 Cook Time	45 minutes
 Total Time	50 minutes
 Servings	4
 Calories	244kcal
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Ingredients

- 1 15 ounce can of chickpeas 2.5 cups cooked chickpeas
- 2 tomatoes roma
- 1 red bell pepper
- ½ cup onion chopped
- 3 cloves garlic minced
- 1 tsp red pepper flakes
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar or any
- 1 tsp salt to taste
- 2 cups vegetable stock
- Optional: fresh basil, pesto, roasted walnuts, garlic croutons or feta cheese for garnish

Instructions

1. Chop the red bell pepper, tomatoes, onion, and garlic. Put all ingredients besides the vegetable stock (chick peas, vegetables, pepper flakes, olive oil, vinegar, salt) into a casserole dish.
2. Cover with foil and roast on 350 degrees for 40 minutes, or until vegetables are cooked through and onions are translucent. (Check halfway through, if it is looking a little dry, add ¼ cup of warm water.)
3. Put vegetable mixture in blender, and add about ½ cup of vegetable broth. Blend, slowly adding broth until you reach the desired consistency.
4. Optional: Garnish with fresh basil, pesto, roasted walnuts, garlic croutons or feta cheese!

Nutrition

Calories: 244kcal | Carbohydrates: 38g | Protein: 11g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Sodium: 1073mg | Potassium: 569mg | Fiber: 10g | Sugar: 10g | Vitamin A: 1872IU | Vitamin B1: 0.2mg | Vitamin B2: 0.1mg | Vitamin B3: 1mg | Vitamin B5: 0.5mg | Vitamin B6: 0.3mg | Vitamin C: 50mg | Vitamin E: 2mg | Vitamin K: 13µg | Calcium: 71mg | Copper: 0.4mg | Folate: 210µg | Iron: 4mg | Manganese: 1mg | Magnesium: 65mg | Phosphorus: 212mg | Selenium: 4µg | Zinc: 2mg | Choline: 53mg

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