



Great RECIPES

Smoky Spanish Style Tomato & Chickpea Soup.

Serves:4 Gluten Free Vegetarian

Ingredients

1 tbsp Raw Materials EVO Oil
1 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
1 tbsp Capirete Sherry Vinegar
Raw Materials Salt Flakes & Pepper to taste



In a heavy based saucepan, gently fry onion and garlic in olive oil until soft.

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

