



# ITALIAN TOMATO AND CHICKPEA SOUP

with Cheesy Ciabatta Garlic Bread



## HELLO CHICKPEAS

Beloved for their mild nutty flavor and toothsome texture, this legume is one of our favorite ways to amp up protein.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 690**



Carrot



Yellow Onion



Scallions



Italian Seasoning



Veggie Stock Concentrate



Parmesan Cheese  
(Contains: Milk)



Celery



Garlic



Ciabatta Bread  
(Contains: Wheat)



Crushed Tomatoes



Chickpeas

## START STRONG

Don't own a microwave? No problem! Combine the butter and garlic in a small pot in step 5, then melt over medium heat.

## BUST OUT

- Peeler
- Large pot
- Baking sheet
- Small bowl
- Plastic wrap
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                            |                     |
|----------------------------|---------------------|
| • Carrot                   | 1   2               |
| • Celery                   | 3   6               |
| • Yellow Onion             | 1   2               |
| • Garlic                   | 2 Cloves   4 Cloves |
| • Scallions                | 2   4               |
| • Ciabatta Bread           | 1   2               |
| • Italian Seasoning        | 1 TBSP   2 TBSP     |
| • Chickpeas                | 13.4 oz   26.8 oz   |
| • Crushed Tomatoes         | 13.76 oz   27.52 oz |
| • Veggie Stock Concentrate | 1   2               |
| • Parmesan Cheese          | ¼ Cup   ½ Cup       |

## WINE CLUB

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## 1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and halve **carrot** lengthwise; thinly slice crosswise into half-moons. Dice **celery**. Halve, peel, and dice **onion**. Mince or grate **garlic**. Trim, then thinly slice **scallions**, separating whites from greens. Halve **ciabatta**.



## 4 TOAST CIABATTA

Place **ciabatta** on a baking sheet. Toast in oven until crispy, 3-5 minutes.



## 2 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pot over medium-high heat. Add **carrot, celery, onion, scallion whites**, half the **garlic**, and half the **Italian seasoning**. Season with **salt** and **pepper**. Cook, stirring, until slightly softened, 3-4 minutes.



## 5 MAKE GARLIC BREAD

While ciabatta toasts, combine **2 TBSP butter** and remaining **garlic** in a small bowl. Cover with plastic wrap and microwave until melted, 15-30 seconds. Once **ciabatta** is toasted, brush with garlic butter and sprinkle with half the **Parmesan**. Return to oven until cheese is melted, about 1 minute more.



## 3 SIMMER SOUP

Stir **chickpeas, tomatoes, stock concentrate**, and **1½ cups water** into pot. Bring to a boil, then reduce to a simmer. Cook until veggies have softened, about 15 minutes. Turn off heat; season with **salt** and **pepper** (to taste).



## 6 SERVE

Divide **soup** between bowls. Sprinkle with **scallion greens** and remaining **Parmesan**. Serve with **garlic bread** on the side.

## SOUPER!

Dunk your cheesy toasts in your soup to soak up every last drop.

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