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Crispy Chickpea and Tomato Soup

with Cheesy Tortillas and Basil

Roasting chickpeas in the oven gives them a crispy texture and nutty flavor. They're perfect sprinkled over this herby tomato soup. The best part? The cheesy tortillas for dipping, of course!



Chickpeas



Diced Tomatoes



Yellow Onion



Garlic



Vegetable Stock Concentrate



Fresh Pesto



Basil



Tortillas



Shredded Mozzarella Cheese



Cumin



Oregano

Ingredients

	2 People	4 People
Chickpeas	1 box	2 boxes
Diced Tomatoes	1 box	2 boxes
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Vegetable Stock Concentrate	1	2
Fresh Pesto	1)	2 T
Basil	½ oz	1 oz
Tortillas	2) 3)	4
Shredded Mozzarella Cheese	1)	½ C
Cumin	1 t	2 t
Oregano	1 t	2 t
Sugar*	1 t	2 t
Oil*	2 t	4 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Soy

Tools

Strainer, Baking Sheet, Large Pot

Nutrition per person Calories: 758 cal | Fat: 28 g | Sat. Fat: 8 g | Protein: 33 g | Carbs: 94 g | Sugar: 12 g | Sodium: 1481 mg | Fiber: 18 g

Ruler

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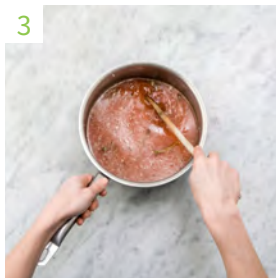
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1 Prep: Wash and dry all produce. Heat the oven to 400 degrees. Drain and rinse the **chickpeas**. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Pick the **basil** leaves from the stems, reserving both.

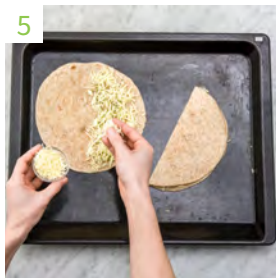
2 Roast the chickpeas: Toss half the **chickpeas** on one side of a baking sheet with a drizzle of **oil**, half the **cumin**, half the **oregano**, and a pinch of **salt** and **pepper**. Roast for 20-25 minutes, tossing occasionally.

3



3 Make the soup: Heat a drizzle of **oil** in a large pot over medium-high heat. Add the **onion** and cook, tossing for 3-4 minutes, until softened. Add the **garlic** and cook for 30 seconds, until fragrant. Add the **tomatoes, vegetable stock concentrate, basil stems, and 1½ cups water** to the pan. Season with **salt** (we used ½ teaspoon kosher salt) and **pepper**. Bring to a simmer. Taste and add up to **1 teaspoon sugar**, if needed.

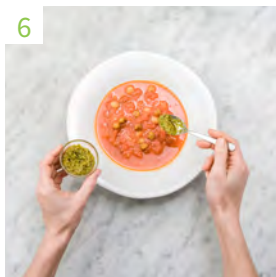
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4 Simmer the soup: Add the **remaining chickpeas** to the pot, cover, and reduce heat to low. Simmer for about 15 minutes. Season to taste with **salt** and **pepper**.

5 Bake the cheesy tortillas: Remove the baking sheet from the oven. Place the **tortillas** on the other side of the baking sheet and sprinkle with the **mozzarella cheese, remaining oregano, and remaining cumin**. Fold each tortilla in half. Return to the oven for 5-7 minutes, until melted and slightly crisp. Cut the tortillas into wedges.

6



6 Plate and serve: Divide the **crispy chickpea and tomato soup** between bowls. Dollop each bowl with **1 Tablespoon pesto** and stir to swirl it into the soup. Sprinkle with the **basil leaves** and **crispy chickpeas**. Serve with the **cheesy tortillas** and enjoy!