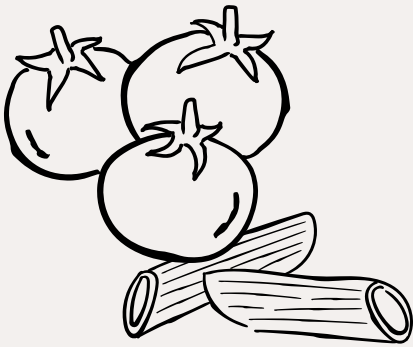


THE SHELTER TRUST

SOUPER CHALLENGE

Tomato & Pasta Soup



You can make this simple, budget-friendly tomato, pasta and chickpea soup in just 30 minutes. An easy, vegetarian family meal that's healthy and even low fat!



PREPARATION TIME
5 minutes



COOKING TIME
25 minutes



SERVES
4

INGREDIENTS

- 1 tbsp olive oil
- 1 onion chopped
- 2 celery sticks chopped
- 2 garlic cloves crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock

METHOD

Step 1

Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients and bring to the boil. Season to taste.

Step 2

Reduce the heat and leave to simmer for 6-8 mins, or until the pasta is tender. Season to taste, then ladle into bowls.

