



CHICKPEAS AND TOMATO SOUP

🕒 5 min. 🌿 30 min. ⬅️ easy 🍽️ 4 portions

INGREDIENTS

2-3 garlic cloves
 20 g extra virgin olive oil
 ½ tsp ground cayenne pepper or red chili powdered
 1 tsp ground coriander
 ¼ tsp ground sweet paprika
 1 tsp salt αλάτι
 400 g chickpeas, cooked, canned (1 can), rinsed and dried
 400 g chopped tomatoes, canned
 150 g red peppers, canned, rinsed and dried
 1 tbsp vegetable stock paste, homemade or 1 vegetable stock cube
 700 g water
 35 g sour cream
 3-5 sprigs fresh parsley, leaves only, finely chopped

PREPARATION

1. Place garlic cloves, olive oil, cayenne pepper, coriander, sweet paprika and salt into mixing bowl, chop **5 sec./speed 5** and sauté **5 min./120°C/speed 1**.
2. Add chickpeas, tomatoes, red peppers, vegetable stock paste and mix **5 sec./speed 5**.
3. Add water, cook **15 min./100°C/speed 1** and mix **1 min./speed 5-10, increasing speed gradually**.
4. Serve with some sour cream and garnish with finely chopped coriander.