

Tomato Soup with Crispy Parmesan Chickpeas



Ingredients

- 1 onion, diced
- 2-3 cloves garlic, minced
- 1 TBSP olive oil or avocado oil
- 3 carrots, chopped
- 1 can (14.5 or 15 oz) tomato sauce
- 1 can (15 oz) fire roasted tomatoes, + extra as desired
- 1 TBSP tomato paste
- 1 cup vegetable broth
- 1 TBSP dried basil, or to taste
- 1/4 tsp salt
- 1/2 tsp sugar (optional*)
- 1/4 tsp oregano
- 3 oz cream cheese or cream, add to taste
- salt and pepper to taste

Info

- **Prep:** 15
- **Cook:** 25
- **Serves:** 2-3 large bowls
- [Source](#)

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Rate

Crispy Parmesan Chickpeas

- 1 can (15 oz) chickpeas
- 1 tablespoon extra virgin olive oil
- 2 TBSP finely grated Parmesan cheese (approx. 1/2 oz)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon zest
- 1/2 teaspoon sea salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper

Directions

1. Switch your pressure cooker to the saute function and sauté onion in 1 TBSP oil for 3-5 minutes, until edges are golden and brown.
2. Next add garlic and sauté for a minute more to bring out the flavor.
3. Add seasoning (salt, oregano, basil, and (optional) sugar) along with carrots, tomatoes, tomato sauce, tomato paste, and broth.
4. Set to high pressure for 15 minutes and allow to come to pressure, allowing a natural pressure release.
5. Add your cream cheese and puree using a hand held immersion blender until fabulously smooth and bisque-like. You can also blend the soup, in two batches, in your blender or food processor.
6. Lastly, give the soup a taste and adjust broth/tomato/seasoning to taste, adding any extra of whatever you prefer to get your ideal thickness and flavor.
7. Add all your roasted chickpeas on top (and a sprinkle of parmesan if you're feeling cheesy) and dive in!

[carrot](#), [tomato sauce](#), [tomato](#), [tomato paste](#), [stock](#), [basil](#), [cream cheese](#), [cream](#), [chickpeas](#), [parmesan](#), [soup](#), [instant pot](#)

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