

WELL-FILLED SPANISH TOMATO SOUP

4 persons / 470 kcal per person

Ingredients:

- 50 grams of chorizo (meat products)
- 1 bag of bell pepper mix (3 pcs)
- 1 fennel bulb
- 350 ml tomato power broth
- 400 grams of diced tomatoes
- 1 tin of chickpeas (400 grams)
- 100 grams of shrimp
- 2 baguettes with herb butter



Preparation:

Cut the chorizo slices into strips and fry them in a stockpot over low heat for 6 minutes. Stir frequently. In the meantime, halve the bell peppers, remove the stems and seeds and cut the flesh into cubes. Cut the fennel into quarters, remove the hard core and cut the quarters into thin slices. Add the bell pepper and fennel to the chorizo and cook for 3 minutes. Add the power broth. Add 2 more pots of water. Add the tomato cubes and bring to a boil. Meanwhile, put the chickpeas in a sieve, rinse and drain. Add the chickpeas and shrimp and heat for 3 minutes more.

Nutritional value per person:

Energy:	470 kcal
Protein:	20.3 grams
Carbohydrates:	55.4 grams
- including sugars:	9.4 grams
Fat:	16.2 grams
Fiber:	10.4 grams
Salt:	3.0 grams