

WELL-FILLED SPANISH TOMATO SOUP

4 persons / 436 kcal per person

Ingredients:

- 100 grams of chorizo Pamplona
- 1 bag of bell pepper mix
- 1 fennel bulb
- 350 ml tomato power stock
- 400 grams of peeled tomatoes
- 400 grams of canned chickpeas
- 100 grams of shrimp
- 4 bake-off pistolets

Preparation:

Bake the pistolets as described on the package. Cut the chorizo slices into strips and fry them in a stockpot over low heat for ~ 6 minutes, stirring frequently. Clean the bell peppers 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 peeled tomatoes and bring to the boil. Crush the tomatoes with your spatula. Meanwhile, put the chickpeas in a sieve, rinse and drain. Add the chickpeas and shrimp and heat for a further 3 minutes. Ladle the soup into large bowls and serve with a pistolet per bowl.

Nutritional value per person:

Energy:	436 kcal
Protein:	21.2 grams
Carbohydrates:	51.8 grams
- including sugars:	9.8 grams
Fat:	13.2 grams
Fiber:	11.4 grams
Salt:	3.1 grams

