

# TOMATO MEAL SOUP WITH CHORIZO

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4 persons / 558 kcal per portion

## Ingredients:

- 2 cloves of garlic
- 2 onions
- 1 tablespoon olive oil
- 400 grams Italian stir-fry mix
- 485 ml base for bound tomato soup
- 240 grams white beans (pot, drained weight)
- 200 grams chorizo sausages in one piece
- 1 fresh or bake baguette



## Preparation:

Peel and chop the garlic and onion. Heat the oil in a pan and fry the garlic and onion. Add the stir-fry mix and cook for 1 approx. 4 minutes. Add the soup base and 1.5x the contents of the soup base pot with water and bring to the boil. Let the soup simmer for 5 minutes with the lid slanted on the pan. Rinse the beans and let them drain. Then let the soup simmer for another 5 minutes. Cut the chorizo into thin slices. Bake the chorizo gently crispy in a dry frying pan. Garnish the soup with the chorizo. Serve with French bread.

## Nutritional value per portion:

|                     |            |
|---------------------|------------|
| Energy:             | 558 kcal   |
| Protein:            | 23.5 grams |
| Carbohydrates:      | 53.2 grams |
| - including sugars: | 13.3 grams |
| Fat:                | 25.9 grams |
| Fiber:              | 9.5 grams  |
| Salt:               | 2.9 grams  |