

## Tomato Fennel & Chickpea Soup

A healthy, plant-based soup that's rich in taste and low in fat.



### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup yellow onion, sliced
- 1 fennel bulb (white part only), sliced
- 2 clove garlic, minced
- ½ teaspoon sea salt
- Freshly ground pepper to taste
- 28 ounces canned plum tomatoes in juice
- 2 cup gluten-free vegetable broth
- ¼ cup tomato paste
- 1 tablespoon arrowroot starch
- 2 tablespoons thinly sliced fresh basil
- 2 teaspoons fresh thyme leaves
- 2 cups cooked chickpeas

### Directions

- Add oil, onion, fennel, garlic, salt and pepper to a large saucepan. Cook for 5 minutes.
- Transfer half of the sautéed onion mixture into blender with half the tomatoes, vegetable broth, tomato paste and arrowroot. Blend until smooth. Transfer to the saucepan with the onion mixture and add remaining ingredients.
- Cover and bring to a boil. Reduce heat and allow the soup to simmer for 30 minutes.
- Makes 4 servings.

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