THE CAFETERIA CONNECTION

Tasteful Harvest *Tomatoes*

Touchdown Tomato Basil Soup

Ingredients

1/2 cup Oil, olive or canola
4 lbs Onion, diced
2 lbs Celery, diced
3-1/2 pounds Carrot, diced
1/4 cup Garlic cloves, minced
4 pounds Spinach, stems removed, washed, roughly chopped
2 #10 cans Tomatoes, canned, diced
8 lbs Canned chickpeas, rinsed and drained
4 48-oz cans Tomato sauce, low sodium
1 gallon Vegetable broth, low sodium
3 cups Parmesan cheese
2-1/2 tablespoon Basil, dry

Instructions

1. Heat oil in large stockpot.
2. Skin and dice onion. Cook for 5 minutes over medium heat or until soft. Do not brown.
3. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown.
4. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
5. Drain and rinse chickpeas.
6. Add chickpeas and diced tomatoes and return to simmer.
7. Add tomato sauce and vegetable broth and heat thoroughly.
8. Finish soup with dry basil and Parmesan cheese. For optimal flavor, add basil right before serving.
9. Adjust seasoning with salt and pepper. Serve 3/4 cup (6 ounces).

SERVES 50