



Issue # 460

July 9, 2013

Summer Soup

It's time to ditch the notion that soup is just for colder months. A refreshing bowl can make a great starter in any weather, especially with fresh summer produce and a light kick of citrus. This tomato soup packs vitamin C, iron, potassium and lycopene, a potent antioxidant linked with lower prostate cancer risk. Chickpeas add a boost of fiber and protein while grilled lemons lend a sweet, tangy finish. Make room at the table because hot soup is making a cool comeback.

Tomato Soup with Chickpeas and Lemon

1 Tbsp. extra virgin olive oil
1/2 small onion, chopped
1 large carrot, sliced
1 large rib celery, chopped
3/4 cup sliced leek, white and 1-inch green parts
2 garlic cloves, finely chopped
1 (14-oz.) can no salt added whole peeled tomatoes
1 (15-oz.) can chickpeas, rinsed and drained
1/4 tsp. smoked Spanish paprika
3 cups reduced-sodium vegetable broth
Salt and freshly ground pepper, to taste
2 lemons

In large heavy saucepan, heat oil over medium-high heat. Add onion and cook until golden, 4 minutes, stirring often. Add carrot, celery, leek, and garlic, stirring to coat them with oil. Cook until leek slices are translucent and soft, about 4 minutes.

Add tomatoes one at a time, holding them over pot and crushing them in your fist. Add liquid from can. Add chickpeas, paprika and broth. Bring liquid to a boil, reduce heat and simmer, covered, until vegetables are almost tender, 20 minutes. Season to taste with salt and pepper.

To serve, divide hot soup among four bowls. Cut 1 lemon into quarters. Squeeze juice from a quarter into each bowl, straining out seeds. From center of second lemon, cut four 1/4-inch slices. Heat a dry cast-iron skillet or grillpan over high heat. Add lemon slices and cook until caramelized to brown and lightly charred in places, 1-2 minutes. Turn and cook for 1 minute. Set 1 lemon slice in center of each bowl and serve.

Makes 4 servings. Per serving: 1½ cups.

Per serving: 200 calories, 5 g fat (< 1 g sat fat), 34 g carbohydrates, 10 g protein, 9 g fiber 461 mg sodium.