

Tomato and White Bean Soup with Harissa

Yield: 5 servings

INGREDIENTS

- 15 g olive oil (1 T)
- 150 g onion, diced
- 50 g celery, diced
- 80 g carrot, peeled and diced
- 9 g garlic (3 cloves), minced
- 120 g Japanese ピーマン or red bell pepper, diced
- 420 g canned white beans (drained = 240 g), rinsed
- 800 g canned diced tomatoes
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 2 tsp Simply Organic Harissa Seasoning
- 1 tsp olive oil (for harissa bloom)
- 720 ml vegetable stock (½-strength, ~450 mg sodium per cup)
- ½ tsp salt (adjust to taste)



OPTIONAL FLAVOR BOOSTERS

- 1 tsp white miso (added at end)
- 1 tsp maple syrup or sugar (balances acidity)
- 1 T chopped parsley or cilantro (optional)

INSTRUCTIONS

1. Heat **1 T olive oil** in a large pot over **medium heat**. Add **onion** and **cook 3 minutes** until softened.
2. Add **carrot, celery**, and **garlic**. **Cook 5 minutes**, stirring regularly, until vegetables begin to soften.
3. Push vegetables aside. Add **1 tsp olive oil** and **Simply Organic Harissa Seasoning, cumin**, and **smoked paprika**. Bloom spices **30–45 seconds** until fragrant.
4. Stir in **bell pepper, white beans, diced tomatoes**, and **vegetable stock**. Bring to a gentle simmer.
5. Simmer uncovered **30–40 minutes** until carrots are tender and soup thickens slightly.
6. Taste and adjust **salt**. Stir in **white miso** or **sugar** if using. — before serving.

SERVING SUGGESTIONS

- Serve with quinoa, couscous, or crusty bread
- Finish with olive oil drizzle or yogurt swirl

NUTRITION (per serving)

Kcal: 265 | Protein: 11 g | Fat: 9 g | Sat. Fat: 1 g | Carbs: 36 g | Sugars: 8 g | Fiber: 9 g | Sodium: ~520 mg | Omega-3: 0.2 g