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Thursday

Reheat Greens and Chickpea Soup Thaw cubed pork and vegetables for Friday.

Cost per Serving
\$2.05

Greens and Chickpea Soup

INGREDIENTS

- 2 cups chopped bread
- 2 tbsp grated Parmesan cheese
- 6 eggs

DIRECTIONS

REHEAT soup over medium heat. Stir in bread and cheese and simmer for about 5 minutes or until bread is soft.

POACH eggs in saucepan of boiling salted water one at a time. Remove with a slotted spoon and place one in each bowl of soup.

PER SERVING (1/6 recipe): 253 calories; 14 g protein; 9 g fat; 28 g carbohydrate; 5 g fibre; 7 g sugars; 736 mg sodium.

TIP: You can make this soup in a slow cooker by stirring together all the ingredients in a slow cooker. Cover and cook on Low for 6 hours or on High for 3 hours. Uncover and stir in bread and cook on High for 30 minutes before serving. Poach eggs separately as in recipe.