Hearty Tomato Soup with Sourdough Croutons and Avocado



What You'll Need

- 1 tbsp butter or olive oil
- 2 to 3 tbsp chopped white onion
- 1 clove garlic, chopped
- 1 1/2 cups chicken or vegetable broth
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cups tomato puree
- 1 tsp sugar or honey
- 1 tsp dried thyme
- 1 tsp dried basil
- 1 cup chopped Bell pepper (any color)
- 1 cup cooked, canned chickpeas (Garbanzo beans), salt-free
- Sea salt and black pepper to taste
- 1 avocado, peeled and pitted
- Sourdough croutons

Directions

1. Place a soup pot on the stove on medium-high heat. Add the butter or olive oil and onions. Lightly sauté until slightly translucent.
2. Add the garlic, broth, carrots, celery, tomato puree, sugar or honey, thyme, and basil. Bring to a boil and cook for five minutes.
3. Add the peppers and cook until all vegetables are soft.
4. Add the chickpeas and cook to heat through. Season with sea salt and pepper to taste.
5. Cut the avocado into 1-inch pieces and add to the soup.
6. Ladle into bowls and top with sourdough croutons.