

# Aubergine and Chickpea Soup



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Preparation time: 10 minutes

Cooking time: 25 minutes

Makes: 2 portions

## Ingredients

125ml Renastep™ (1 bottle)

2 tsp vegetable oil

130g aubergine, peeled and chopped

40g onion finely chopped

1 garlic clove, finely chopped

½ tsp cumin

½ tsp turmeric

60g tinned chickpeas, drained

125ml water

## Method

1. Heat the oil in a pan over a medium heat.
2. Add the aubergine, onion and garlic to the pan and sauté for 5 minutes or until soft.
3. Add the cumin, turmeric and chickpeas to the pan and stir.
4. Pour the Renastep and water into the pan, stir well and allow to warm gently.
5. Simmer for about 15-20 minutes, until the aubergine is fully cooked and soft.
6. Using a hand blender, blend the soup to the desired consistency.
7. Serve warm in a bowl.

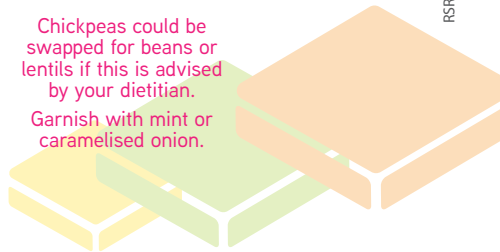
## Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	404	163
Protein	g	6.1	2.5
Sodium	mg/mmol	56.6 / 2.4	23 / 1
Potassium	mg/mmol	258 / 6.5	105 / 2.6
Phosphorus	mg/mmol	80 / 2.6	32 / 1
Calcium	mg/mmol	67 / 1.7	27 / 0.7



Chickpeas could be swapped for beans or lentils if this is advised by your dietitian.

Garnish with mint or caramelised onion.



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Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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