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Warm up for Winter with EXCELLENCE IN EU PRESERVED TOMATOES

FROM EUROPE. TOMATOES

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Tokyo - 12 January 2024. Your new favourite winter soup is made with **European canned tomatoes**. A steaming bowl of tomato soup is just what you need when tomatoes are not in season, you can still enjoy them. **Tomatoes.**

NAPLES, Italy, Jan. 12, 2024 /PRNewswire/ -- When you want, fresh tomatoes are not always available. But you can still make this easy soup thanks to one special ingredient: **European canned tomatoes**.

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Our tomatoes are picked at their peak of ripeness, under the warm, mean sunshine and utterly delicious. But while many foods are at their best eaten raw and fresh, tomatoes provide a higher level of **lycopene – a protective antioxidant** - when canned than when raw.

This easy soup recipe combines organic canned tomatoes with a classic base of sautéed vegetables to create layers of flavour. Caramelising the tomato paste gives a wonderful depth to your soup.

**Easy Tomato Soup: Serves: 6-8**

**Ingredients:**

- 1 large yellow or white onion, roughly chopped
- 3 large carrots, peeled and roughly chopped
- 2 celery sticks, roughly chopped
- 70ml extra-virgin olive oil, plus more to serve
- 1 1/2 tbsp salt
- 2 tbsp tomato paste
- 2 X 400g cans whole peeled tomatoes in juice, undrained
- 600ml water
- 1/2 tsp granulated sugar
- 1 tsp ground black pepper
- pinch of chilli flakes (optional)
- fresh basil, to serve (optional)

**Directions:**

1. In a food processor, pulse the onion, carrot and celery until a coarse paste forms.

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4. Stir in the canned tomatoes and water. Bring to a simmer and cook for 10 minutes or until the tomatoes start to break down.
5. Add the black pepper, sugar and chilli flakes (if using), and stir well, using a wooden spoon to crush the tomatoes. Cook for 20 more minutes, continuing to crush the whole tomatoes. Adjust seasoning.
6. Transfer the tomato mixture to a blender and process until smooth. (Or process in the pan using a stick blender.)
7. Garnish with fresh basil if you wish, a drizzle of olive oil and serve.

Enjoy. It's from Europe!

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