

PRESS RELEASE

Warm up for Winter with RED GOLD FROM EUROPE. EXCELLENCE IN EU PRESERVED TOMATOES

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By PR Newswire



*Tokyo – 12 January 2024. Your new favourite tomato soup recipe made with **European tomatoes**.*

NAPLES, Italy, Jan. 12, 2024 /PRNewswire/ — In winter, when a steaming bowl of tomato soup is just what you want, fresh tomatoes are not always available. But even when tomatoes

tomatoes.

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Our tomatoes are picked at their peak of ripeness, full of Mediterranean sunshine and 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

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1 tsp ground black pepper

pinch of chilli flakes (optional)

fresh basil, to serve (optional)

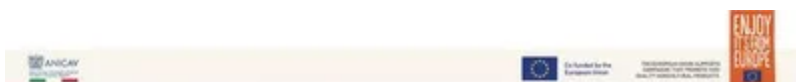
Directions:

1. In a food processor, pulse the onion, carrot and celery until a coarse paste forms.
2. Heat the oil in a large saucepan over medium high heat until hot; add the vegetable mixture and the salt. Cook, stirring frequently, until the mixture is golden brown – about 10 minutes.
3. Reduce the heat to medium. Add the tomato paste and cook, stirring for 2 minutes.
4. Stir in the canned tomatoes and water. Bring to a simmer and cook for 10 minutes 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 a food processor 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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