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GOLD FROM EUROPE





Our tomatoes are picked at their peak of ripeness, full of Mediterranean 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.
2. Heat the oil in a large saucepan over medium high heat until hot; add the vegetable paste mixture and the salt.





- 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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