



CREAMY TOMATO SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20 mins

Serves: 4-6



INGREDIENTS

- 1 tbsp olive oil
- 1 clove garlic, crushed
- 1 large onion, roughly chopped
- 1kg fresh tomatoes, roughly chopped
- 3 tbsp tomato paste
- 1 tsp pink rock salt
- 2 tsp natvia or sweetener
- 1 tsp mixed herbs
- 1 litre vegetable stock
- Basil leaves x 6
- 1 can (400g) coconut cream

METHOD

- Heat oil in large saucepan and add garlic and onion.
- Fry for 3 minutes, and add diced tomato, tomato paste, salt, natvia, mixed herbs and stock.
- Bring to the boil, and reduce heat to simmer for 15 minutes.
- Add basil leaves and coconut cream and blend with stick blender.
- Serve hot with more basil to garnish.