



TOMATO CREAM SOUP

 25 minutes 35 minutes 8 portions

INGREDIENTS

- 1 large unit of onions, raw [150 g]
- 9 cloves of garlic, raw [27 g]
- 1 liter of beverages, water, tap, drinking [1000 g]
- 30 grams of cream, fluid, light [coffee cream or table cream]
- 1200 grams of tomatoes, red, ripe, raw, year round average
- 2 tablespoons of oil, olive [22 g]
- 5 leaves of basil, fresh [3 g]
- 100 grams of pepper, sweet, green, raw
- 100 grams of carrot, raw

COOKING METHOD

1^o 1. Peel tomatoes and cut them into cubes. 2. Pour olive oil in casserole, let it heat slightly, then place the chopped onion, garlic, carrot, green pepper in and sauté for 15 minutes constantly stirring. Then add tomatoes. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until all veggies are tender. 3. Remove from heat and use a stick blender to blend until smooth. If you don't have a stick blender, use a blender. Season to taste with salt and pepper, stir through cream [never boil soup after adding cream, it may split]. 4. Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and basil if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (329 g)	% DRI
ENERGY	24 kcal	79 kcal	4 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	1 mg	2 mg	1 %
SODIUM	8 mg	26 mg	1 %
CARBOHYDRATE	3 g	11 g	4 %
SUGARS	2 g	6 g	–
FIBER	1 g	3 g	11 %
PROTEIN	1 g	2 g	–