

June 20 2024, 23:06:03

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Warm up for Winter with RED GOLD FROM EUROPE YOUR ORGANIC AND SUSTAINABLE CHOICE

Your new favourite tomato soup recipe made with **canned organic tomatoes**.

NAPLES, Italy, Jan. 10, 2024 /PRNewswire/ -- In winter, when a steaming bowl of tomato soup is just what you want, fresh tomatoes are not always

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available. But even when tomatoes are not in season, you can still make this easy soup thanks to one special ingredient: **canned organic tomatoes**.



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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 organic 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 organic tomato paste

2 X 400g cans whole peeled organic 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. Cook, stirring frequently, until the mixture is golden brown - about 10 minutes.
3. Reduce the heat to medium. Add the organic tomato paste and cook, stirring for 2 minutes.
4. Stir in the organic 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!

Discover more:

<https://www.redgoldfromeurope.eu/>



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