

Norway



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***

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



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

large yellow or white onion, roughly 1
chopped

large carrots, peeled and roughly 3
chopped

celery sticks, roughly chopped 2

70ml extra-virgin olive oil, plus more to
serve

tbsp salt 1/2 1

tbsp organic tomato paste 2

X 400g cans whole peeled organic 2
tomatoes in juice, undrained

600ml water

tsp granulated sugar 1/2

tsp ground black pepper 1

pinch of chilli flakes (optional)

fresh basil, to serve (optional)

:Directions

In a food processor, pulse the onion, .1
carrot and celery until a coarse paste
.forms

Heat the oil in a large saucepan .2
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

Reduce the heat to medium. Add .3
the organic tomato paste and cook,
.stirring for 2 minutes

Stir in the organic canned .4
tomatoes and water. Bring to a
simmer and cook for 10 minutes or
until the tomatoes start to break
.down

Add the black pepper, sugar and .5
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

Transfer the tomato mixture to a .6
blender and process until smooth. (Or

process in the pan using a stick

blender.)

Garnish with fresh basil if you wish, .7

.a drizzle of olive oil and serve

!Enjoy. It's from Europe

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