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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 available. But even 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, they 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 adds 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.

