

Tomato soup



Ingredients for:

1 kg of tomato

2 onions

3 garlic cloves

Olive oil for frying

3/4 liter vegetable broth

Salt and pepper, white

herbal salt

Thyme, dried

3 tsp tomato paste

Parsley

cream

Preparation

Score the bottom of the tomatoes crosswise, place in a large bowl and pour boiling or hot water over them. After 10 minutes, carefully remove the skin and the green button on the top from the tomato and chop the peeled tomatoes into small pieces.

Now dice the onions small and press the garlic. Fry both in olive oil and after about 3 minutes add the tomato pieces. After a few minutes, add the vegetable stock and spices (without the parsley) and cook on low heat for 20 minutes. Stir in the tomato paste and puree the soup finely with a hand blender. Season the soup with spices if you like and serve with a little fresh parsley and cream.