



Italian Style Tomato Soup (L)

Serving: 1

Veg

Ingredients

- Serves 1
- - $\frac{1}{2}$ tsp olive oil
- - $\frac{1}{2}$ no. small onion, finely chopped
- - $\frac{1}{2}$ tsp finely chopped garlic
- -1 tbsp fresh oregano, chopped
- -2 tbsp basil, chopped
- -1 tsp fresh thyme, chopped
- -1 cup finely chopped tomatoes
- -1 cup vegetable stock
- -1 tbsp tomato paste

Preparation Method

- 1. In a large saucepan, heat oil over medium heat. Add onion, garlic, oregano, basil and thyme and cook, stirring often until onion begin to soften about 5 minutes.
- 2. Add the tomatoes and cook, stirring occasionally for 5 minutes. Stir in vegetable stock, tomato paste and sugar. Season to taste with salt and freshly ground pepper.
- 3. Bring soup to a boil. Reduce heat, simmer, uncovered for 15 minutes.
- 4. Remove from flame and allow to cool for 3 to 4 minutes. Using a hand blender, blend into a smooth paste. Serve immediately.