



Tomato Basil soup (L)

Serving: 1

Veg

Ingredients

- ½ tsp olive oil
- ½ no small onion, finely chopped
- ½ tsp finely chopped garlic
- 1 tbsp fresh oregano chopped
- 1 tsp fresh thyme chopped
- 1 cup finely chopped tomatoes
- 1 cup vegetable stock
- 1 tbsp tomato paste
- Basil leaves -10-12

Preparation Method

- 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.
- 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.
- Bring soup to a boil. Reduce heat, simmer, uncovered for 15 minutes.
- Remove from flame and allow to cool for 3 to 4 minutes. Using a hand blender, blend into a smooth paste. Serve immediately.