

# CREAMY TOMATO SOUP



This weeks Recipe of the Week has been contributed by Affordable Wholefoods owner Mark Evans. It's a creamy take on traditional tomato soup using coconut cream, fresh basil and garlic to flavour.

**Serving Size:** Serves 6

## **Ingredients:**

12 medium size *tomatoes*, diced

2 *carrots*, thinly sliced

1 can of *coconut cream*

2 teaspoons *tomato paste*

1/2 cup *fresh basil*, finely chopped

1/2 cup *spring onions*, finely chopped

1/2 cup of *vegetable stock*

4 tablespoon *olive oil*

2 cloves of *garlic*, finely chopped

1 *bay leaf*

*Salt & pepper* to taste

## **Method:**

Heat the olive oil and saute the carrots, garlic and spring onions seasoning with salt and pepper. Add all other ingredients and bring to a high temperature then simmering for 20 minutes, stirring

regularly.

Remove from the stove and allow to stand for 5 minutes before blending in the pot with a stick mixer or place into a blender or food processor and blend until silky smooth.

Garnish with fresh basil leaves and a few coconut flakes.

**Gluten Free | Dairy Free | Refined Sugar Free**