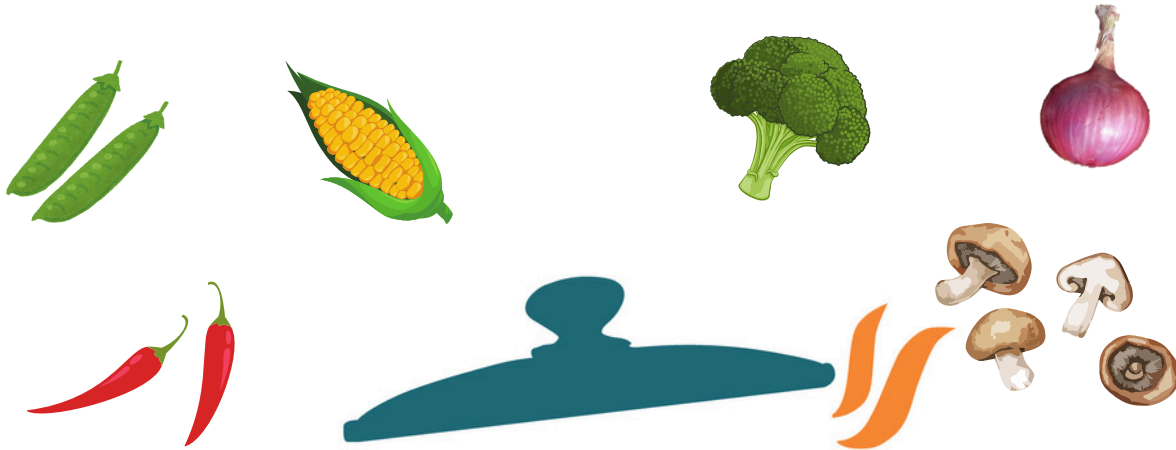




Foodshare



Cooking for
Change!
PROGRAM

Recipe



Tomato Soup



Bendigo **Community**
Health Services

Ingredients - Serves 4

- 30kg frozen tomatoes
- 3kg onion
- 3 bulbs garlic
- 2kg potatoes
- 2kg carrots
- 2kg sweet potato
- 7 litre stock (chicken or vegetable)
- 1 litre oil
- Salt, pepper, dried thyme or basil etc
- Brown sugar if required

Method

1. Prepare all vegetables:
 - Peel and dice onion
 - Peel and crush garlic
 - Peel and cut potatoes into 3cm pieces
 - Peel and grate sweet potato
 - Peel/scrub carrots and grate
2. Heat oil in 2 pans and sweat onion and garlic until soft but not brown.
3. Add potato, sweet potato and carrots and cook, stirring 5-10 minutes.
4. Add tomatoes and HALF of the stock only. Season with salt, pepper, herbs.
5. Boil and then simmer until vegetables are soft.
6. Blend, adjust consistency, taste and adjust as required.