



Latest Update ▶h Buyer? » How could you meet all your business prospects under one rc



Press Releases

CISION

Warm up for Winter with RED GOLD FROM EUROPE YOUR ORGANIC AND SUSTAINABLE CHOICE

Your new favourite tomato soup recipe made with canned organic tomatoes.

Search below to explore
more content

SEARCH



Click to discover more

even when tomatoes are not in season, you can still make this easy soup thanks to one special ingredient: canned organic tomatoes.



Our tomatoes are picked at their peak of ripeness, full of Mediterranean sunshine and utterly delicious. But while many foods are at their best eaten raw and fresh, tomatoes provide a higher level of lycopene – a protective antioxidant - when canned than when raw.

This easy soup recipe combines organic canned tomatoes with a classic base of sautéed vegetables to create layers of flavour. Caramelising the organic tomato paste gives a wonderful depth to your soup.

Easy Tomato Soup: Serves: 6-8

Ingredients:

1 large yellow or white onion, roughly chopped

3 large carrots, peeled and roughly chopped

2 celery sticks, roughly chopped

70ml extra-virgin olive oil, plus more to serve

1 1/2 tbsp salt

2 tbsp organic tomato paste

2 X 400g cans whole peeled organic tomatoes in juice, undrained

600ml water

1 tsp ground black pepper

pinch of chilli flakes (optional)

fresh basil, to serve (optional)

Directions:

1. In a food processor, pulse the onion, carrot and celery until a coarse paste forms.
2. Heat the oil in a large saucepan over medium high heat until hot; add the vegetable paste mixture and the salt. Cook, stirring frequently, until the mixture is golden brown - about 10 minutes.
3. Reduce the heat to medium. Add the organic tomato paste and cook, stirring for 2 minutes.
4. Stir in the organic canned tomatoes and water. Bring to a simmer and cook for 10 minutes or until the tomatoes start to break down.
5. Add the black pepper, sugar and chilli flakes (if using), and stir well, using a wooden spoon to crush the tomatoes. Cook for 20 more minutes, continuing to crush the whole tomatoes. Adjust seasoning.
6. Transfer the tomato mixture to a blender and process until smooth. (Or process in the pan using a stick blender.)
7. Garnish with fresh basil if you wish, a drizzle of olive oil and serve.

Enjoy. It's from Europe!

Discover more:

<https://www.redgoldfromeurope.eu/> (<https://c212.net/c/link/?t=0&l=en&o=4064429-1&h=4038550548&u=http%3A%2F%2Fredgoldfromeurope.eu%2F&a=https%3A>



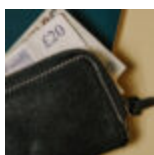
Logo - https://mma.prnewswire.com/media/2186814/4486220/Visual_ORG.jpg (<https://c212.net/c/link/?t=0&l=en&o=4064429-1&h=3962240859&u=https%3A%2F%2Fmma.prnewswire.com%2Fmedia%2F21>

Logo - https://mma.prnewswire.com/media/2186818/Footer_DK.jpg (<https://c212.net/c/link/?t=0&l=en&o=4064429-1&h=1361392320&u=https%3A%2F%2Fmma.prnewswire.com%2Fmedia%2F21>

[302030648.html \(https://www.prnewswire.co.uk/news-releases/warm-up-for-winter-with-red-gold-from-europe-your-organic-and-sustainable-choice-302030648.html\)](https://www.prnewswire.co.uk/news-releases/warm-up-for-winter-with-red-gold-from-europe-your-organic-and-sustainable-choice-302030648.html)

[Back \(javascript:javascript:history.go\(-1\)\)](#) | [Next story: Mobile Turns The Tide in 2023, Driven by The Creator Economy and Subscriptions \(https://propertyaspectsmagazine.co.uk/press-releases/?rkey=20240110EN06336&filter=19546\)](#)

Recent Posts



Homeowners: Is Cash the Answer to Rising Interest Rates?

 [David Lomas](#)

[\(https://propertyaspectsmagazine.co.uk/author/david-lomas/\)](https://propertyaspectsmagazine.co.uk/author/david-lomas/)  1 (#)

Business

Property and Construction

Stay informed about the built environment



[Click here to subscribe](#)

Visit other titles in our magazine portfolio



aspects



export experts



aspects



matters™



aspects



Is it Good Sense to Selling your Problem Properties to a Cash Buyer?

 [M3 Staff](#)

[\(https://propertyaspectsmagazine.co.uk/author/m3-staff/\)](https://propertyaspectsmagazine.co.uk/author/m3-staff/)  1 (#)

Business

Property and Construction



How could you meet all your business prospects under one roof?

 [Andrew Vaux](#)

[\(https://propertyaspectsmagazine.co.uk/author/andrewvaux/\)](https://propertyaspectsmagazine.co.uk/author/andrewvaux/)

 1 (#)

Business