



Tomato Soup with Coconut Cream

Serves 4

Ingredients:

- 1tbsp oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 carrot, chopped
- 2 tins peeled plum tomatoes
- 1l vegetable stock
- 2tbsp coconut cream
- 1tsp basil (optional)

Method:

1. Heat oil in a large pan
2. Add onions and fry for 2 minutes
3. Add carrots and fry for 8 minutes
4. Add garlic and fry for a further minute
5. Tip in 2 tins of tomatoes
6. Add stock and bring to the boil
7. Simmer for 10 minutes
8. Add basil if using
9. Add 2 tablespoons of coconut cream and blend until smooth

