



Creamy Tomato Soup

Ingredients:

2 tbsp	Olive oil
1 pc	Red onions
2 pc	Carrots
3 cloves	Garlic
5 pc	Vine ripened tomatoes
1 tbsp	Tomato paste
8 leaves	Basil
3 cups	Chicken or vegetable broth
2 tsp	Sea salt to taste
¼ tsp	Ground pepper to taste
¾ cup	Cream or Almond Milk
½ cup	Brown Sugar



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Directions:

Heat oil in a large stock pot, sauté onions and carrots for 8-10 mins. Add Garlic and cook for 1 minute. Add the rest of the ingredients except the cream and brown Sugar and cook for 30 mins or until tomatoes are tender. Take off the heat and use a stick blender or food processor to blend the soup until pureed. Bring back to the heat and add preferred cream and brown sugar and season to taste.

