

CREAMY TOMATO SOUP – VEGAN (with coconut milk)



WHY WE LIKE IT

** Loads of vegetables * tasty rich and creamy soup without added cream * cooked tomatoes are an excellent source of the very potent antioxidant lycopene * enjoyable any time of year *beans offer a good source of protein and fibre and they help balance blood sugar **

INGREDIENTS

1	tblsp	Olive oil or coconut oil	1	Can	Coconut Milk
2	lg cans	Diced Tomatoes			
2	sm cans	Navy Beans (rinsed and drained)			
1	large	Yellow cooking onion (chopped)			Spice to taste – basil, oregano, Italian seasoning, salt, pepper, cayenne, etc.
1/2	whole	Celery Head			
6	cloves	Garlic (chopped or smashed)			

PROCEDURE

- 1 Chop onions and celery (including leaves and tender middle stalks) into fairly small pieces
- 2 Heat oil in large pot on medium low
- 3 Sauté onions, celery and garlic until softened
- 4 Add both cans of tomatoes and stir
- 5 Turn heat up to medium and warm through
- 6 Add beans, stir to combine and warm through
- 7 Turn off heat and blend with a immersion blender until smooth
- 8 Add coconut milk and stir to combine
- 9 Taste and season to your taste
- 10 Warm to desired temperature and serve

Note:

- 🌱 We recommend using Eden Organic ‘No Salt Added’ Canned Tomatoes and Eden Navy Beans – Eden is one of the only with no BPA in the lining of their cans.
- 🌱 In the summer purchase over-ripe tomatoes and use them in place of canned tomatoes for a fresh version of this soup
- 🌱 Make sure soup is cool when you blend it. You can blend it when it is warm using an emersion stick, but do not put it in the blender when it is hot.
- 🌱 This recipe makes quite a large batch so extra can be stored in the freezer in glass jars or containers.
- 🌱 Add nutritional yeast at the end for additional nutrients and a slight ‘cheesy’ flavour