

From the garden Vegan Tomato soup



INGREDIENTS FROM THE GARDEN

- 2 big handfuls of fresh flat-leaf parsley
- 1 bunch of fresh basil
- 2 spring onions, sliced
- 1 handful of thyme and basil

INGREDIENTS FROM THE PANTRY

- ½ tablespoon olive oil
- 3 cloves garlic, sliced
- 5-6 sub fire roasted tomatoes whole tomatoes
- 1 can full fat coconut milk, reserving 2 tablespoons for drizzling on top if desired
- 1 teaspoon italian seasoning
- ½ teaspoon salt
- Lots of freshly ground black pepper

DIRECTIONS

- First, caramelize your onions, in ½ tablespoon olive oil and a little bit of salt, stir to coat. Check your onions every 5-10 minutes until they have completely caramelized and turned golden brown.
- Once the onions have caramelized, reduce heat to low and stir in the garlic. Cook for 2 more minutes or until garlic is fragrant.
- Add in tomatoes to the pot and use a spoon to break up the tomatoes as best as you can, then add in coconut milk, Italian seasoning, salt and a lot of pepper. Simmer for 5 more minutes.
- Carefully transfer all of the mixture to a high powered blender or feel free to use an immersion blender. Blend until completely smooth, then transfer puree back to the pot. Allow mixture to simmer for 5 more minutes. Taste and add more salt and pepper, if necessary. Garnish with fresh basil and a drizzle of coconut milk, if desired. Serve with crackers, garlic toast/bread or whatever your heart desires.

