

# Souper Soup

4 portions

## Ingredients

4 each	Tomato, blended, without peel
40g	Tomato paste
2 fbsp	Olive oil
1 each	Onion, chopped
2 cloves	Garlic, minced
1 fbsp	Sage leaf, dried
705mL	Water
1 pinch	Salt, to season to taste
1 pinch	White pepper, ground, to season to taste
150g	Carrot, brunoise
150g	Celery, brunoise
150g	Parsley, fresh
100g	Leek, brunoise
1 each	Bay leaf
100g	Pasta shells
1 fbsp	Parsley, fresh
40g	Lentil, dried

## Method

- 1 Heat oil in a large saucepan on medium heat and sauté garlic for five minutes.
- 2 Add carrots, lentils, celery, parsley, leek, herbs and cook for a few minutes more.
- 3 Add tomatoes, water, tomato paste, salt and pepper.
- 4 Cook covered for 20 minutes.
- 5 Stir and add chopped parsley and boiled pasta right before serving.

## Carrots

Carrots are a source of vitamin A. Vitamin A contributes to maintaining normal vision – which bakers need to create the intricate decorations on their cakes and other baked goods.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	273 kcal/ 1,144 kJ	53 kcal/ 221 kJ
Protein	8g	2g
Fats, total	8g	2g
Carbohydrate, total	45g	9g
Sugars, total	8g	2g
Fats, saturated	1g	0g
Fibre, total dietary	11g	2g
Sodium	478mg	92mg
Salt	1,211mg	230mg

\*Nutritional values may vary.