



2LIVESIMPLE

VEGE SOUP

HEALTHY OPTION

Ingredients:

1 kg tomatoes
3 large carrots
2 cloves of garlic
1 leek
1 onion
1 celery
1 apple
1 teaspoon of honey
3 teaspoons olive oil
a few leaves of fresh basil
2-3 leaves basil
2 teaspoons salt
a pinch of pepper
juices from 1/4 lemon
100g natural yogurt



Instruction:

Prepare the oven, heat the temperature to 200 C.

Chop the onion and garlic and fry in the pan.

Add tomatoes cut into 1/4 pieces and stir with garlic, onion until pureed (can be used with blender to get it smoothly, I have introduced the blender used before.)

Combine the washed vegetables, pour olive oil and honey on top, put in the oven, until the vegetables golden brown and fragrant.

Bake for 20-30 minutes at a maximum temperature of 220 ° C.

Grilled veggies are placed in a large pot to cook the vegetable broth (you can add 1/2 chicken option non-vege), add bay leaf, pepper and salt. Simmer and stir the ingredients until cooked, add the tomatoes puree to the pot. Mix the ingredients until the soup is smooth with natural yogurt.

Enjoy the soup with a portion of pasta and basil leaves. You can also eat with white rice, remember to add a little bit.

