

Tomato Soup

Allergens – Milk, Celery, Sulphites

Ingredients

Quantity	Ingredient
1.5k g	Diced Vegetables (carrots, potatoes & onions)
1.5 kg	Tinned Tomatoes
50 g	Vegetable Bouillon (Knorr and Major contain Celery)
4 Ltrs	Water
500 ml	Semi Skimmed Milk
5 g	Mediterranean Herb
5 g	Garlic Purée
20 g	Sugar

Method

1. Put all the ingredients into a saucepan.
2. Simmer for 45 minutes.
3. Blend with blender stick.
4. Bring up to temperature of 75°C prior to serving.

Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 68.3	= 1.3	= 0.6	= 7.1	= 0.8	= 12.3

Portion size - Primary – 200g

Reviewed December 2019