

# Tomato Soup

Allergens – Milk, Celery

## Ingredients

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Quantity	Ingredient
1.5kg	Diced Vegetables (carrots, potatoes & onions)
1.5kg	Tinned Tomatoes
30g	<b>Vegetable Bouillon</b> (Knorr and Major contain <b>Celery</b> )
4 Ltrs	Water
500ml	<b>Semi Skimmed Milk</b>
5g	Mediterranean Herb
5g	Garlic puree
20g	Sugar

## Method

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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 (mg)	Carbs (g)
= 65.7	= 1.1	= 0.5	= 7.0	= 0.5	= 11.9

**Portion size** - Primary – 200g

Reviewed July 2018