



TOMATO SOUP WITH PARVEGGIO

Ingredients (for 3-4 servings)

- 500 gr of cherry tomatoes
 - 1 head of onion • 2 cloves of garlic
 - 1 carrot • Olive oil
 - 1L of vegetable stock + some more water if needed
 - Salt, pepper
 - 3-4 tbsp of GreenVie Parveggio
 - Fresh basil • Sesame seeds
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instructions

Put all the ingredients into a soup pot
and start cooking.

Let it all simmer for about 15-20 minutes.
Transfer all to a food processor or a blender
and blitz until smooth.

Now season with salt and pepper.
Serve with a spoon of Parveggio
and some fresh basil leafs.

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