

## Tomato soup

### INGREDIENTS

(4 portions)

4 tbsp olive oil  
1 onions, chopped  
1 carrot, peeled and diced finely  
1 celery stick, finely chopped  
2 tins of peeled plums tomatoes  
Fresh basil  
Salt and freshly ground black pepper  
[Tarallini, Gran Forno](#)  
[Sun Dried Ciliegino Tomato in EVO, Congedi Olearia](#)  
[EVO Mare e Monti, Oleificio Berardo](#)  
[Peeled Plum Tomatoes, Fontanella](#)  
[San Marzano Tomatoes, Fontanella](#)

### Description

A delicious, simple nourishing and healthy tomato soup recipe perfect for a cold day or when a boost is needed

### Preparation

Heat the oil in a large saucepan and add the chopped onions, carrot and celery and cook gently for about 10 minutes until soft. If you like a richer taste, you can also add a few sun dried tomatoes.

Add the tomatoes tin. Season with salt and pepper, and simmer for another 10 minutes.

Pour the tomato soup into your blender and blitz until the soup is smooth. The tomato soup can be frozen for up to three months.

When serving you can add a few tarallini.