



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 2 | ©2

Seasoned tomato soup

Ingrediënten

- 1 large onion
- 1 clove garlic
- 1 tbsp extra virgin coconut oil (Amanprana)
- ground ginger, turmeric
- 1 l water
- 4 organic stock cubes
- 2 sweet potatoes; cut into pieces
- 1 large bunch nettle tops* (or another healthy green herb)
- 1 l organic tomato sauce
- 2 eggs
- pepper, salt, shoyu to taste

* Pluck nettle tops wearing gardening gloves and rinse in very hot water; the stings will be removed after heating.

Extra info

Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

45 minuten

Totale bereiding:

45 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van seasoned tomato soup

Bereiding

Fry off the onion and garlic in a little coconut oil. Add the ginger and turmeric and then the water and stock cubes. Bring to the boil, add the sweet potatoes and cook until tender. Add the nettle tops and cook. While boiling, mix in two raw eggs and puree with the hand blender. Mix in the tomato sauce. Remove from the heat. Taste and add a little ginger, turmeric, pepper and salt or shoyu if necessary. If you would like to reheat the soup repeatedly, you would be advised to cook and puree the nettles separately and keep in the fridge. The next day, you can then add a small teaspoon of nettle puree to your soup (see appendix in book 'Knowing how to eat well' under information on 'nitrite'). You can, of course, opt for another green herb. Tarragon is also delicious in this soup.

- [Vegetarian](#)