



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 1 | ©1

Tomato soup with tofu and red palm oil

Ingrediënten

- 2 tablespoons of red palm oil
- 1 chopped red onion
- 6 large tomatoes, peel removed and chopped
- or 1 can of peeled organic tomatoes
- 2 garlic cloves,
- 100 g of silk tofu
- 2 tablespoons of parsley or coriander (cilantro), finely chopped
- 2 cups of vegetable stock
- pinch of cayenne pepper with unrefined salt

Extra info

Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

20 minuten

Totale bereiding:

20 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van tomato soup with tofu and red palm oil

Bereiding

Put two tablespoons of red palm oil in a pot and fry the onion and garlic. Add the tomato. Sauté the tomatoes for 3 minutes and add the tofu. Add the water, season with herbs. Bring to a boil and then mix. Finish with parsley or coriander.

Speciale wensen

- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)