



This tomato and ginger soup is very healthy; simply a powerhouse of nutrients. Not only that, it is so warming and the perfect partner to get you through a chilly day.

Ingredients

Vegetable oil
2 red onion, finely diced
thumb sized ginger root, finely diced
¼ teaspoon of dried basil

½ a teaspoon of white pepper
6 small ripe tomatoes
Salt and pepper to taste

Method

Add 1 to 2 tablespoon of olive oil to a heated soup pan and fry the onion, ginger together with the basil and white pepper. Allow this to simmer until the onions become soft.

Peel the skin off the tomatoes and add them to the sufuria. Mash them up and add a cup of hot water. Mix everything up and cover with a lid. Let this simmer for about 10-15 minutes.

Remove from the heat and pop into a blender. Blitz it for about a minute. Sieve the tomato soup then ladle into bowls.

Garnish with fresh coriander or some coconut cream or heavy cream.



SERVE WITH: fresh bread/buns or on its own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/tomato-and-ginger-soup/>