

Tomato soup



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For 4 servings:

1 large carrot

1 onion

1 parsnip

1 celery stalk

1 leek

1 1/2 kg tomatoes, peeled and finely chopped/ 2 cans diced tomatoes

1/2 cup brown rice (15 minutes cooking time)

1 tablespoon oil

parsley for garnish, finely chopped

salt and pepper, to taste

Finely chop all the vegetables. Stir fry the vegetables in the oil for 1-2 minutes. Add the rice and 200 ml water, cover and cook for approx. 10 minutes. Add the tomatoes and cook until the rice is done. Add salt and pepper to taste. Garnish with parsley and with a little bit of olive oil.