

# Tomato Soup

Yield: 7 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-christmas-leftovers-soup-recipe>

## Ingredients:

- 2 carrots
- 2 sticks celery
- 2 onions medium
- 2 cloves garlic
- olive oil
- 2 vegetable stock or organic chicken, cubes
- 2 1/4 cups plum tomatoes tinned
- 3 tomatoes large ripe
- 1 bunch fresh basil
- sea salt
- ground black pepper freshly

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Fat: 3 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 130 milligrams
7. Sugar: 5 grams

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