

## Tomato soup

Serves 6-8

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Crushed tomatoes	2x400g can		
Tomato puree	1 x 400g jar		
Water (rinse empty tins and add 3L to soup)	Rinse cans / jars, and water up to 1 litre		
Bread	2 slices/serve	Wheat	Wheat/gluten free bread
Margarine	2 PC portions/serve	Cow's milk	Dairy free margarine (e.g. Nuttelex)

### Method

1. Mix tomatoes, tomato puree and water in a large pot.
2. Heat soup to simmer point and keep hot.
3. Serve with bread and margarine.



#### Common allergens present:

- |  |  |                                    |                                 |                                   |
|--|--|------------------------------------|---------------------------------|-----------------------------------|
| <input checked="" type="checkbox"/> Wheat      | <input checked="" type="checkbox"/> Gluten | <input type="checkbox"/> Egg       | <input type="checkbox"/> Peanut | <input type="checkbox"/> Tree nut |
| <input checked="" type="checkbox"/> Cow's milk | <input type="checkbox"/> Fish              | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy      |
| <input type="checkbox"/> Lupin                 |  |                                    |                                 |                                   |