



## Tip

This soup can be served hot or cold. It is great left over.

*Honey and oranges are unusual ingredients in soup but the sweetness and tang along with the nutritional benefits of the vegetables, make this soup a winner in all respects!*

SERVES  
7-8

### INGREDIENTS

4 c. chicken broth  
1 - 28 oz. can chopped tomatoes  
1 - 7 oz. can tomato paste  
1 medium onion, chopped  
1 medium carrot, chopped  
½ orange, chopped in processor  
1 tsp. dried basil  
1 tsp. savoury  
2 tbsps. honey  
¼ c. orange juice  
salt & pepper to taste  
savoury & yogurt for garnish

### DIRECTIONS

1. Bring chicken broth to boil.
2. Add next 7 ingredients.
3. Return to boil, then reduce heat and simmer, uncovered, for 20 - 25 minutes, or until carrots are very tender.
4. Process tomato mixture until smooth.
5. Add next 3 ingredients and heat through. Season to taste.
6. Garnish with savoury and a swirl of yogurt.

## Did you know?

We believe that the best available savoury is grown at Mt. Scio Farms in St. John's, Newfoundland and Labrador.