



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.