



ORANGE & TOMATO SOUP

INGREDIENTS

- ¼ cup butter
- 1 medium onion, chopped
- ⅓ cup flour
- 2 cups vegetable stock
- 1 cup water
- 1 cup orange juice
- 2 garlic cloves, chopped
- 2 tablespoons tomato paste
- 6 medium ripe tomatoes, peeled and chopped
- ½ orange peel
- 1 tablespoon orange marmalade
- 1 bay leaf
- 1 teaspoon brown sugar
- ½ cup cream
- Small bunch of parsley, finely chopped
- Salt and pepper to taste

INSTRUCTIONS

1. Melt butter in large soup pan, add onion and garlic. Stir over medium heat for about 2-3 minutes until onions are soft.
2. Stir in flour. Continue stirring mixture over medium for 3-5 minutes, until flour begins to cook. Add tomato paste and stir for 5-10 seconds until combined.
3. Remove pan from heat and stir in the water, stock and orange juice
4. Return to heat and stir continuously until mixture begins to boil
5. Add to the tomatoes, orange peel, orange marmalade, bay leaf, brown sugar and salt and pepper. Simmer for 15-20 minutes.
6. When soup is ready, mash up the tomatoes in the soup mixture with a large fork or potato masher. Strain the soup through a large sieve and discard the excess tomato pulp, bay leaf, and orange peel.
7. Stir in cream and chopped parsley, and serve.