

Tomato Soup (Serves 6)

Ingredients

1 onion, chopped

1 carrot, sliced

1 bay leaf

1 tablespoon MCT Oil

420g (tin) tomatoes

1 teaspoon sugar

½ teaspoon salt

1 tablespoon tomato puree

600ml vegetable stock (2 stock cubes) – check fat content on label

Method

1. Fry the onion, carrot and bay leaf in the oil for 5-6 minutes.
2. Add the tomatoes, sugar, salt and tomato puree and mix well.
3. Add the vegetable stock and bring to the boil.
4. Cover and simmer for 30 minutes.
5. Season to taste.

Note

The soup may be served with croutons, made by frying cubes of bread in MCT Oil until golden and crisp (check with your Dietitian what bread you are allowed)

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics