

MEDIEVAL TIMES SOUP

Submitted by:

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Ingredients:

2 tbsp canola oil	5 cups water
2 medium carrots peeled	1 tsp paprika
1 celery stalk cleaned	3 tbsp sugar
½ medium onion peeled	2 tsp salt
1 tsp garlic minced	¼ tsp pepper
2 6 oz cans tomato paste	Pinch Italian seasoning
1 15 ½ oz tomato puree	½ lemon for juice

Instructions

1. Cut carrots, celery, onion into small pieces. Place them in food processor fitted with knife blade and pulse until they are finely minced, almost pureed.
2. Heat the canola oil in a 5-6 quart stainless steel saucepan or pot. Add the finely minced carrots, onions and celery and cook until vegetables are soft but not browned, about 5- 7 mins.
3. Add the minced garlic and continue to cook for another 2 minutes.
4. Add the tomato paste and stir into the vegetables to combine well and cook another 2 minutes.
5. Add the tomato puree, water, paprika, sugar, salt, pepper, Italian seasoning and lemon juice.
6. Bring soup to a boil while stirring frequently. Once soup comes to a boil, reduce heat to simmer and continue to simmer for 20 mins, (stir frequently to prevent soup from scorching).
7. When soup is finished cooking, remove from heat, taste and adjust seasoning if necessary. Serve immediately!

