



## Recipe: Spicy Tomato & Red Pepper Soup

Serves 6

1 large brown onion, roughly chopped  
6 garlic cloves, whole  
500g fresh Roma tomatoes, halved  
2 red capsicums, deseeded and sliced  
2 large red chillies, sliced  
2 tsp cumin seeds  
2 tsp ground coriander  
1 tbsp ghee, melted  
400g can tomatoes, diced  
1 cup vegetables stock  
2 cups coconut cream  
Salt and pepper

1. Preheat oven to 190°C.
2. Place onions, garlic, tomatoes, chilli, capsicum, cumin seeds, coriander and ghee on a large baking tray and gently mix together. Roast until soft and slightly golden; about 15 minutes.
3. Transfer to large saucepan along with crushed tomatoes and vegetable stock. Bring to the boil, then reduce to a simmer for 20 minutes. Add coconut cream and blend with stick blender.
4. Season with salt and pepper and serve with a side of toasted Paleo bread.