



Recipe provided courtesy of Vaalia Yoghurt.

TOMATO AND FENNEL SOUP

Serves: 4

Tip:

- If commercial salt reduced vegetable stock is used instead of home made vegetable stock the sodium content will be higher

Nutrition information	Per serve
Energy (6% DI)	515kj
Fat	5g
Saturated fat	<1g
Carbohydrate	14g
Fibre	5g
Sodium	92mg

♥ Healthy&heartWise Wise Recipe

Ingredients

1 tablespoon olive oil
 1 brown onion, diced
 2 celery stalks, diced
 1 leek, diced
 1 potato, peeled and diced
 300g fresh tomatoes, diced
 1 clove of garlic, crushed
 1 small fennel bulb, chopped
 1 litre of homemade or salt reduced vegetable stock
 Salt and ground pepper to taste
 Vaalia Low Fat Natural Yoghurt
 Fresh basil to serve

Method

1. Heat a heavy-based saucepan over medium heat. Add olive oil to the pan and add the onion, celery and leek. Cook for 5 minutes, stirring often.
2. Add the potato, tomatoes, fennel and garlic and cook for a further 3 minutes. Season and add enough stock to cover the vegetables. Bring to the boil. Reduce heat and simmer for approx. 15 minutes or until the potato is cooked.
3. Remove from heat. Puree the soup with a hand blender. To serve, bring soup back to the boil, check seasoning, and add Vaalia Low fat Natural Yoghurt and some fresh basil leaves.