

STEP 1

Cut along the dotted lines.
(Take care when using scissors!)



Tommy

Tomato Soup

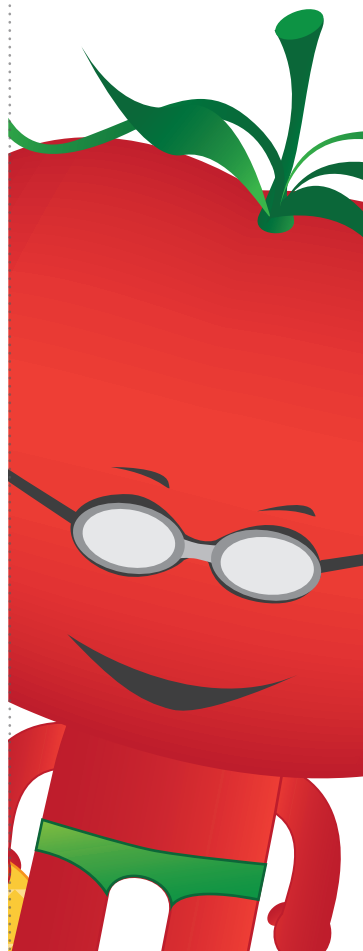
Make sure you get your parent or guardians permission before you make this recipe! Also don't forget to always wash your hands before you prepare or handle food!

What you'll need!

700g medium tomatoes, seeded, chopped
coarsley
1 large brown onion (200g), chopped
coarsley
2 trimmed celery stalks (200g), chopped
coarsley
1 garlic clove, crushed
1L chicken stock
400g can tomato puree

How to make them!

1. Place tomato, onion, celery, garlic and chicken stock in a large saucepan; bring to boil. Reduce heat; simmer, until vegetables soften.
2. Cool soup mixture for 5 minutes, then pour into blender until smooth.
3. Pour mixture into saucepan, add tomato puree, bring to boil. Let mixture simmer for 10 minutes.



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STEP 2

Fold the bookmark in half.
Glue or sticky tape the inside.