



香草蕃茄濃湯
Roasted Tomato Basil Soup

材料

蕃茄(切半)	3磅
有機雞湯或菜湯	4杯
洋蔥(切碎)	2個
蒜頭(切碎)	6瓣
罐頭蕃茄(粒裝)	1 罐28 安士
辣椒粉	1/8茶匙
橄欖油(拌)	1/4杯
橄欖油(煮)	3湯匙
喜馬拉雅岩鹽	1湯匙
羅勒精油調料	4滴
百里香精油調料	2滴
紅椒粉	少許

Ingredients

Tomatoes(halved)	3 pounds
Organic chicken or vegetable broth	4 cups
Yellow onions (chopped)	2 pieces
Canned tomatoes (diced)	1 28-oz. can
Garlic (minced)	6 cloves
Red pepper flakes (crushed)	1/8 teaspoon
Olive oil (mixing)	1/4 cup
Olive oil (cooking)	3 tablespoons
Himalayan Pink Salt	1 tablespoon
Basil Vitality essential oil	4 drops
Thyme Vitality essential oil	2 drops
Paprika	A pinch

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預備時間: 15 分鐘

烹調時間: 1小時30分鐘

總時間: 1小時45分鐘

烹煮用具: Le Creuset 20 厘米
圓形鑄鐵鍋

Le Creuset 鑄鐵鍋有效保存熱力，重身的鍋蓋更能鎖住水份，利用細火煮食，令食物更入味和更有口齒。

Prep Time: 15 minutes

Cook Time: 1 hour, 30 minutes

Total Time: 1 hour, 45 minutes

Cooking Tool: Le Creuset 20 cm Cast Iron Round
French Oven

Le Creuset cast iron casserole is good at heat retention and the heavy lid can lock the moisture inside the casserole, which allow cooking over low heat so the ingredients can slowly absorb the flavour from the sauce.



6人份
Serving 6

烹調步驟

1. 先將焗爐預熱至400度。
2. 將已切半的蕃茄放於碗中，倒入1/4杯橄欖油和岩鹽，然後攪拌均勻。於焗盤鋪上錫紙，將番茄放在焗盤上焗45分鐘。完成後取出備用。
3. 將3湯匙橄欖油加入Le Creuset 20 厘米圓形鑄鐵鍋中，用中火預熱4分鐘。
4. 加入洋蔥用中細火炒約八分鐘至金黃色，然後再加入蒜頭炒一分鐘。
5. 將蕃茄連焗盤上的水份、辣椒粉、罐頭蕃茄連水份加入鍋中。再加入雞湯或菜湯，用中火煮滾後，轉細火煮45分鐘。
6. 熄火後，將羅勒精油調料及百里香精油調料加入湯中攪拌均勻。
7. 將蕃茄湯倒入攪拌機中打至均勻。
8. 在湯面輕輕灑上紅椒粉即成。可按個人口味調味。

Instructions

1. Preheat your oven to 400 degrees.
2. Place the halved tomatoes in a medium bowl then pour 1/4 cup olive oil and salt over them and stir to combine. Spread the tomatoes in a single layer on a foil-lined baking sheet and roast in the oven for 45 minutes. Set aside after roasting.
3. Add 3 tablespoons olive oil in Le Creuset 20 cm Cast Iron Round French Oven and preheat over medium heat for 4 minutes.
4. Add the onions and saute over medium-low heat until they turn golden (about eight minutes). Then add garlic and saute for one additional minute.
5. Add the roasted tomatoes (including any liquid from the baking sheet), red pepper flakes, canned tomatoes with their juice, and chicken or vegetable broth.
6. Bring all the ingredients to boil over medium heat and simmer over low heat for 45 minutes.
7. Stir the Basil and Thyme Vitality essential oils into the soup with low heat.
8. Puree in batches in a blender until smooth.
9. Sprinkle paprika on top of soup. Adjust your seasonings to taste. Serve warm.