

# Tomato Soup

## Ingredients

796 ml Organic diced tomatoes (BPA free can)  
1 tablespoon maple syrup (optional)  
A little pinch of cinnamon  
3/4 cup carrots (medium diced)  
1/3 cup celery (medium diced)  
3/4 cup white onion (medium diced)  
2 garlic cloves (peeled and roughly crushed)  
1/2 cup white sweet potato (skin on, medium diced)  
3/4 teaspoon chili flakes (I like it spicy, you can reduce the amount of chili flakes)  
1 tablespoon organic olive oil or virgin coconut oil  
4 cups organic chicken stock  
Juice of half a lemon (Optional, add to soup after it has been pureed)

## Method

Chop all of your vegetables into a medium dice  
Heat your soup pot and add your coconut oil  
Add all of your vegetables, season with sea salt and freshly ground pepper and sautee for about 5 minutes or until they become a little soft and fragrant  
Add your chicken stock, cinnamon, chili flakes, maple syrup and diced tomatoes  
Cover and simmer for 25 minutes  
Blend the soup with a good blender (like a Vitamix) until smooth and creamy like.  
  
Optional;squeeze your fresh lemon and stir in the soft goat.