



Beta carotene soup

Ingredients

1 large red onion
1 large yellow pepper
4 ripe tomatoes
1 large carrot
1tbs extra virgin olive oil.
1-teaspoon marigold seasoning
Freshly ground black pepper
Tip of a teaspoon of cayenne pepper or 1 teaspoon paprika.
4 teaspoons of yogurt, and freshly chopped parsley to serve.

Method

Peel and chop the onion. Wash and chop the yellow pepper into 1" cubes removing the stalk and seeds. Wash and chop the tomatoes into quarters. Wash or peel the carrot and slice into quarter inch pieces.

Place the oil in a pan and add the vegetables, put on medium heat and start to slowly fry, when they have softened a little (about 10 mins on a low heat) add water to cover, paprika or cayenne, marigold and pepper. Bring to a simmer and simmer for 20 minutes. Liquidise and if you want sieve also.

Serve with a teaspoon of yogurt and a sprinkle of parsley.

Chefs tip

The cayenne adds a little bite to the soup, use paprika if you prefer a milder finish.

Nutritionist tips

Beta Carotene is found in all yellow and red fruit and vegetables. In healthy individuals it can change into Vitamin A in the body. Essential for many functions, Beta Carotene is a powerful anti-oxidant.

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