

Tomato cream soup

Savoury

level 

 1

 15 min



Ingredients

1 sachet	Calshake Neutral
200 ml	tomato juice
40 ml	cream (30% fat)
15 g	onion (diced)
20 g	bacon
1/2	garlic clove
1 table- spoon	olive oil
	stock
	salt, pepper, sugar
	strips of basil

Nutritional information per serving:

Energy	777 kcal
Protein	9.9 g
Fat	52.0 g
Carbohydrate	65.0 g
Fibre	0.6 g



Preparation

Put Calshake Neutral, tomato juice and cream in a shaker and shake well. Gently fry onions, bacon and garlic in olive oil, deglaze with some stock. Add the mixed Calshake Neutral and heat up for a short time.

Season to taste with salt, pepper and sugar. Garnish the soup with cream and strips of basil.



TIP:
Add croutons
if desired.