

TONZU

PLANT-BASED WHOLEFOODS

Hearty Tofu Vegetable Soup

Serves 4 people

Enjoy a traditional touch - easy and delicious, a real feel-good recipe. This soup is an ideal lunch or light dinner meal.

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes



INGREDIENTS

- 300g TONZU Organic Tofu, cubed
- 4 cups water
- 3 tbsp soy sauce
- 2 garlic cloves, crushed
- 2 tsp parsley, chopped
- 1 carrot, chopped
- 1 potato, chopped
- 2 tomatoes, chopped
- 1 cup cabbage, shredded
- 1 cup sweetcorn kernels
- 1 cup peas or edamame beans
- 1 cup cherry tomatoes, halved
- 2 cups spinach or swiss chard leaves, chopped
- Salt to taste

HOW TO MAKE

1. Place all ingredients, except the spinach/chard and salt, in a soup pot and stir well.
2. Bring to the boil and simmer for 30 minutes.
3. Add the spinach/chard, tomatoes and salt for the last 5 minutes of cooking.
4. Add any of your other favourite vegetables.

HOW TO SERVE

Serve piping hot with fresh bread

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