



## Roasted Tomato & Capsicum Soup


### 500gms

Lucia's Tomato & Roasted Capsicum Soup with Basil is a delightful blend of fresh, ripe tomatoes and sweet, roasted capsicums, enhanced with aromatic basil. This soup offers a rich, vibrant flavour that is both comforting and satisfying. The combination of tomatoes and roasted capsicums creates a naturally sweet and smoky taste, while the basil adds a fragrant, herbaceous note. This soup is perfect for a quick, delicious meal that feels homemade. Simply heat and serve to enjoy a bowl of warmth and flavour.

**Ingredients:**  
Tomato (38.7%), vegetable stock, coconut milk, cannellini beans, red capsicum (9.2%), carrot, onion, tapioca starch, garlic, olive oil, basil, coconut sugar, salt, dill, black pepper, oregano, lemon juice

**Important:**  
Must be refrigerated after opening to maintain safety.

Nutrition Information		
Servings per package: 2, Serving size: 250 g		
	Avg. Quantity per serving	Avg. Quantity per 100g
Energy	587 KJ	235 KJ
Protein (Total)	4.1 g	1.6 g
Fat (Total)	4.3 g	1.7 g
-Saturated	2.2 g	0.9 g
Carbohydrate	17.6 g	7 g
-Sugars	8 g	3.2 g
Sodium	180 mg	72 mg
Gluten	Nil Detected	Nil Detected



Made in Australia from 80% Australian ingredients

