Soups / Italy

Clear soup with firm tofu and sweet pepper · Italy

A clear broth with firm tofu, sweet pepper and a Italy-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 600 g sweet pepper
- ☐ 1300 ml low-salt vegetable stock
- ☐ 15 ml extra virgin olive oil
- ☐ 2 g dried oregano
- ☐ 10 g fresh basil
- ☐ salt and pepper to taste

Let's make it.

01 Clean the sweet pepper and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the sweet pepper and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-it-13-06-16e78b5