

Sip, Slurp and Savour ...

Southern Accent's Lafayette Tomato Cornmeal and Cilantro Soup

Ingredients

- ¼ cup olive oil
- 1 cup onion finely chopped
- ½ cup celery stalk roughly chopped
- 1.5 tsp ground coriander
- 1.5 tsp ground cumin
- 1.5 tsp smoked paprika
- 2 tbs fresh minced garlic
- 2 tsp fresh thyme finely chopped
- 1 bunch cilantro
- ¼ cup tomato paste
- 8 tomatoes (2)pounds
- ½ tsp salt
- ½ tsp black pepper
- 8 cups of veg stock
- 2 tbs sugar
- 1 cup cornmeal
- salt and pepper to taste
- 1½ tbs lemon
- 1 bunch cilantro chopped
- Greek yogurt for garnish



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Method:

Heat up the olive oil in a medium pot.

Add onions, celery and spices and 1/2 chopped cilantro.

Sauté on med heat until the onion is golden and soft .

Add the tomato paste and stir for 1 minute.

Add the tomatoes, salt and pepper and cook for a few more mins.

Add the stock and sugar and bring to a boil, then simmer for 20 mins

Add the cornmeal to the simmering soup in a slow steady stream as you whisk vigorously.

Keep on cooking for 10 mins whisking occasionally.

Taste and adjust seasoning if needed ,adding salt and pepper and then the lemon juice

Serve topped with yogurt and remaining chopped cilantro.



Recipe courtesy of Southern Accent
595 Markham Street, Toronto.
www.southernaccent.com

For more information, visit www.soupalicious.ca