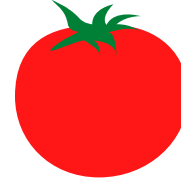


Tomato Soup

Serves 4-5

Ingredients

- 2 garlic cloves
- 2 celery stick
- 3 carrots
- 2 potatoes (can leave the skin on)
- 1 onion
- 2 tbsp tomato puree
- 2 tins of chopped tomatoes
- 1 tbsp mixed herbs or basil
- 1 bay leaf (optional)
- 1 tbsp oil
- 1 litre vegetable stock



I am yummy, and good for you. I'm full of Vitamin C!

Method

1. Peel and finely chop the onion
2. Peel and crush the garlic
3. Peel and chop the potato and carrots into small cubes
4. Wash and chop the celery and carrots into small cubes
5. Add 1tbsp of oil into a pot and fry onions and garlic for 5 minutes until softened.
6. Add the potatoes, celery, carrots and bay leaf- cook for around 10 minutes stirring occasionally
7. Stir in the tomato purée, sugar, black pepper, chopped tomatoes
8. Crumble in the stock cube and add 1 litre boiling water and bring to a simmer.
9. Cover and simmer for 15 mins until the potato is tender
10. Remove the bay leaf.
11. Blend with a stick blender until very smooth.
12. Serve. For a creamier soup add milk