

TOMATO SOUP

Ingredients:

1 tin chopped tomatoes
1 small onion
2 cloves garlic
1 small potato
2 sticks celery
1 carrot
1 teaspoon tomato puree
¼ stock cube (400ml)
25g butter
1 drop cooking oil
Pinch of paprika
Pinch of crushed chilli

Thyme, oregano, basil, salt and pepper to season.
Chopped parsley to serve.

Equipment:

Chopping boards
Sharp knife
Saucepan
Wooden spoon
Liquidiser
Vegetable peeler
Measuring jug
Kettle

Method:

1. Boil kettle and make stock (dissolve cube in a jug of boiling water and stir).
2. Peel and dice onion and garlic.
3. Wash, peel and chop carrot, potato, celery (even bite-sized pieces will speed up cooking time).
4. Heat oil in the pot, melt butter with the oil (for flavour).
5. Saute onion and garlic (fry lightly in oil).
6. Add the remaining vegetables to the pot i.e. potato, celery, carrot.
7. Allow the vegetables to 'sweat' for 5mins, do not brown.
8. Add the stock, tin of tomatoes, tomato puree, sugar, herbs and seasoning.
9. Add the seasoning - herbs and spices.
10. Bring to the boil and simmer for 15mins.
11. When the vegetables have softened, liquidise the soup.
12. Check the consistency (the thickness of the liquid), add flour to thicken or boiling water to thin, as per your preference.
13. Served in warmed soup tureen with chopped parsley or cream.



*to sweat the vegetables means to gently cook in oil or butter while stirring in order to achieve tender pieces

*As stock is high in salt and has no nutritional value, a healthier option would be to omit the stock cube and simply flavour with herbs and spices.