

Tomato, basil and red pepper soup



Ingredients, (2 portions):

- Sunflower oil, 15ml/1tbsp
- Onion, peeled, chopped, 50g/2oz
- Red peppers, core, seeds and pith removed, 1
- Chicken stock,* 500ml/1pint
- Pasatta, 250ml/½pint
- Potatoes, peeled, chopped, 150g/6oz
- Fresh basil, lightly chopped, 5ml/1tsp
- Pepper, to taste

Method:

1. read the **entire recipe** first then check, weigh and **prepare all of the ingredients above**.
2. pour the sunflower oil into a heavy based pan and **heat**. When hot enough, add the onions, **stir** for a **minute or two** then add the peppers. **Stir again** then place the lid on the pan and allow the vegetables to **sweat, gently, for 3-4 minutes to soften**, but **not colour**.
3. **carefully**, add the stock and the pasatta and bring to the **boil**. Once **boiling**, turn down to a **simmer** and add the chopped potatoes
4. continue to **simmer** until all of the ingredients are **tender**. Now bring off the heat and **liquidise**, using a **hand blender**, until the soup is **completely smooth**. To finish add the lightly chopped basil and **adjust** the flavour with pepper, **if required**.

*Be aware, to keep convenience stock to a minimum due to the salt content, only use as much as you need for the quantity of water. Usually manufacturers recommend 750ml, (¾pint), to every cube – so if a recipe requires 375ml stock, use half a cube and keep the rest for another time making the recipe healthier and more economical. Alternatively, for no salt content, just use water.