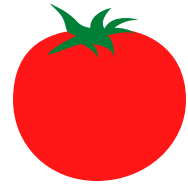


TOMATO SOUP

Ingredients

- 2 Garlic Cloves
- 2 Carrots
- 1 Potatoes
- 1 Onion
- Tin tomato puree
- Tin Passata of Chopped Tomatoes
- 1 tbsp Oil
- 1.5 litre Vegetable Stock



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

Method

1. Prepare vegetables - dice onion, crush garlic and chop celery, potatoes and carrots into cubes.
2. Put 1tbsp of oil into a pot, and fry onions and garlic for 5 minutes until softened.
3. Add potatoes, celery and carrots - cook for 1-2 minutes
4. Add 1.5litre of vegetable stock and add bay leaf
5. Bring to the boil and reduce the heat and allow to simmer for 40-45 minutes (until vegetables are softened)
6. Remove bay leaf
7. Blitz with a hand blender and serve

(for a creamy tomato soup, add milk)