



Homemade Tomato Soup

Serves 4

This versatile recipe can either be made to serve as soup, or can form the base of pasta or pizza sauce, by reducing the amount of liquid added. You can also add portions of extra vegetables for variety. It's incredibly easy if you have a soup maker!

Ingredients

1 onion, chopped
2 cloves garlic, chopped
1 x 400g tinned tomatoes
1 x 400g tinned cannellini beans
1 lt vegetable stock
Fresh basil leaves
Sea salt and black pepper

Method

If using a soup maker, add all ingredients and follow instructions to cook. No need to pre-sauté.

If using a pan on the hob, add the onions and gently sauté for 2-3 minutes. Add the garlic and stir for another minute. Add the tinned tomatoes, and vegetable stock, bring to the boil and then simmer for 10 minutes with a lid on. Add the drained beans and cook for a further 5 minutes.

Remove from the heat, add a handful of basil leaves and season. Carefully blend with a hand blender.

To use as pasta or pizza sauce, reduce the amount of vegetable stock to 200ml.

Additional vegetables

Add chopped carrot, leek, fennel, celery or red pepper to increase vegetable intake and vary the flavour.