

# Spicy Tomato Soup



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Serves: 4

## INGREDIENTS

- 1 large onion, chopped
- 2 good size carrots, chopped
- 1 large potato, peeled and chopped
- 1 can chopped tomatoes (400g)
- 1 small tin tomato puree (around 140g)

### FROM YOUR STOCK CUPBOARD

- 1 tbsp vegetable oil
- 500mls water
- 1 reduced salt vegetable stock cube
- ½ tsp dried chilli flakes (optional)
- 1 tbsp smoked paprika
- Ground black pepper

## METHOD

- 1 Prepare the vegetables by peeling and chopping into small pieces.
- 2 Add the oil to a saucepan. Add the onion and cook gently for 3-4 minutes. Then add the other vegetables and continue cooking for 5 minutes.
- 3 Add the other ingredients (tomatoes, tomato puree, herbs, pepper, paprika, stock cube and water). Stir and bring to the boil and simmer for 20 minutes.
- 4 Use a stick blender or liquidiser to blend the soup until smooth.
- 5 Serve in deep bowls with a slice of wholemeal bread.

per portion (388g)				
ENERGY 612kJ 146kcal	FAT 5.0g LOW	SATURATES 0.6g LOW	SUGAR 12g LOW	SALT 1.1g MED
7%	7%	3%	13%	19%

of your reference intake  
Typical values per 100g: Energy 157kJ/40kcal

## TOP TIPS

- Remember to taste this as you go to adjust the flavour to your taste.
- Will store in the fridge for a few days.
- You can add different vegetables such as leeks, peppers and mushrooms if you wish, or try different herbs such as basil for a different flavour.
- You could also use fresh tomatoes.
- The potato helps to thicken the soup.
- If it looks too thick you can add more water. If you make it thick without adding much water it will make a great tasting pasta sauce.

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