

Spicy tomato soup



Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x 400g can chopped tomatoes
- 500ml water
- 1 stock cube
- ½ tsp chilli powder or dried basil
- 1 tbsp. tomato puree



Equipment

Chopping board

Peeler

Knife

Can opener

Saucepan

Measuring spoons

Wooden spoon

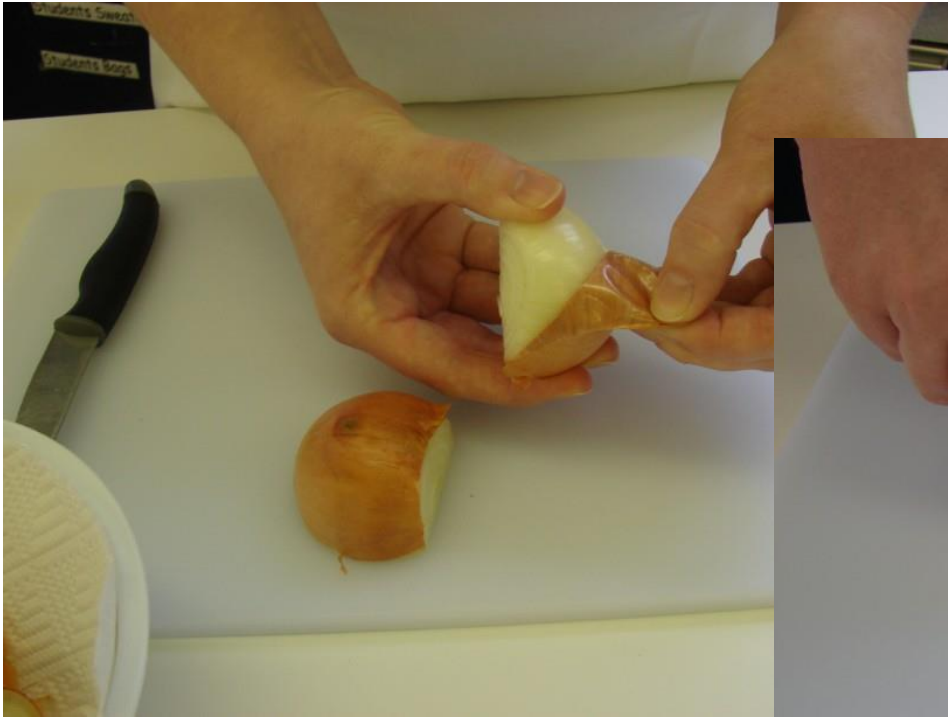
Liquidiser or blender

Ladle



Method

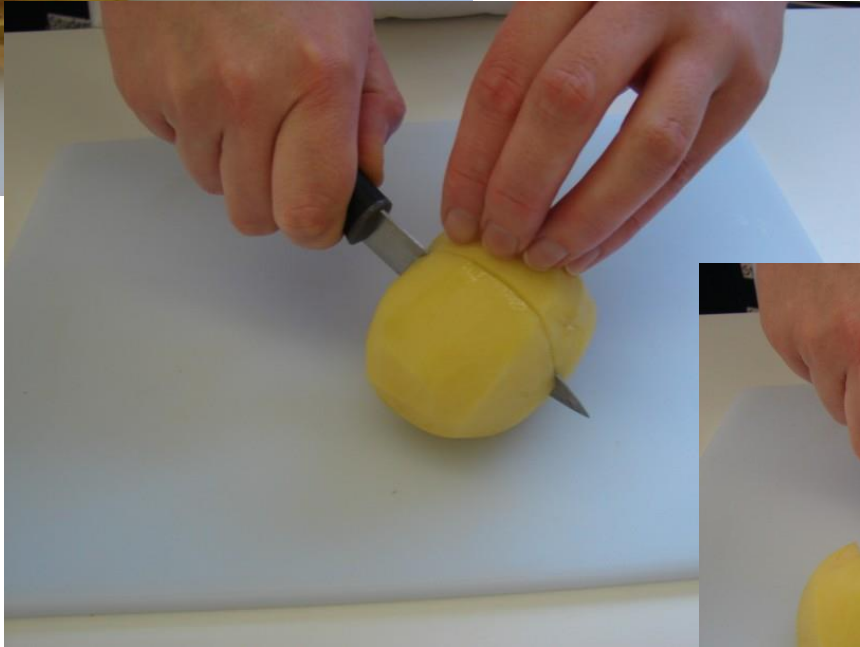
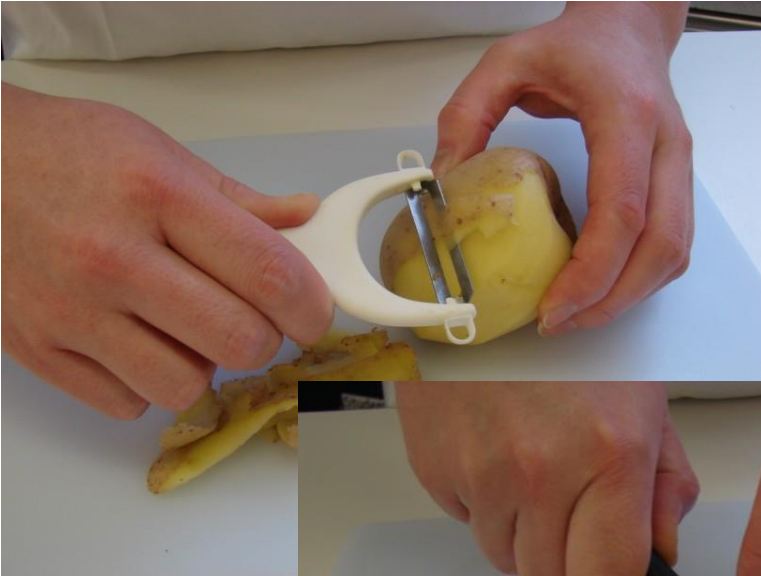
1. Prepare the vegetables:
 - peel and slice the onion;



- top and tail, peel and slice the carrot;



- Peel and cut the potato into 8.



2. Put all the ingredients into a saucepan.



3. Stir everything together, bring to the boil and then simmer for 20 minutes.



4. Ladle the mixture into the liquidiser and blend until smooth.



5. Serve with a bread roll or a sandwich



Top tips

- Place a cloth over the liquidiser to prevent any soup from splashing out.
- Use a range of different vegetables, e.g. leeks, peppers, mushrooms.
- Serve with wholegrain bread.