

Spicy Tomato Soup

Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x can chopped tomatoes (400g)
- 500ml water
- 1 stock cube
- ½ tsp chilli powder or chilli flakes
- 1 x 15ml spoon tomato puree



Equipment

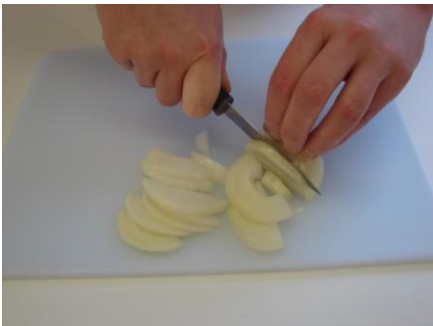
Chopping board, vegetable peeler, knife, can opener, saucepan, measuring spoons, wooden spoon, liquidiser/blender, ladle.



Method

1. Prepare the vegetables:

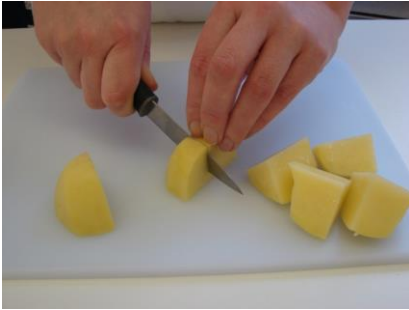
- peel and slice the onion;



- 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.



Soup safety rules

Tie back long hair, wash hands, wear an apron
Use a container on work surface for peelings and other waste and clean up spillages immediately
Use the bridge and claw grip when using sharp knives
Check with an adult before using the hob
Ensure that saucepan handles are turned away from the edge to avoid knocking pans
Take great care when handling hot liquids

