

Tomato & Basil Soup

Makes 4-6 portions

1kg ripe tomatoes

Olive or sunflower oil

1 onion, chopped

1 carrot, peeled and diced

1 stick celery, washed and diced

2 garlic cloves, finely chopped

Small bunch of basil, separated into leaves and stalks

600ml vegetable stock

1 tbsp balsamic vinegar

Pinch of sugar if needed

1. Preheat the oven to 190°C. Cut the tomatoes in half and spread over a large baking dish. Drizzle with olive or sunflower oil and season with salt and pepper. Roast for half an hour, until softened.
2. Heat 2 tablespoons oil in a large, heavy-based pan over a medium heat and add the onion, carrot, celery and garlic. Cook, stirring regularly, for about 7 minutes until softened. Meanwhile, chop the basil stalks, and then add to the pan and cook for another minute.
3. Add the tomatoes, plus any juices from the dish, to the pan along with the vegetable stock. Stir and bring to the boil, then turn the heat down, cover and leave to simmer for 25 minutes, until all the vegetables are soft. Leave to cool slightly.
4. Use a blender to purée the soup, then stir in the vinegar. Season to taste.
5. When ready to serve, reheat the soup. Roughly chop the basil and add just before serving.



