

EASY TOMATO & BASIL SOUP



Ingredients

Serves 2 - 3

1 Large onion, finely chopped

1 tsp. Olive oil

410g Chopped and peeled tinned tomatoes

100g Tomato paste

750ml Vegetable stock (reduced sodium)

1 handful fresh basil leaves, roughly chopped

Salt and pepper to taste.

Method

In a large pot heat the olive oil and fry the onions until transparent. Stir regularly to prevent burning.

Add the tomatoes, tomato paste, and vegetable stock. Combine ingredients and allow to simmer for about 10 mins.

Add the fresh basil and cook for a further 5 minutes.

Remove from heat and allow to cool slightly before blending with a stick blender until smooth. Return to the stove over a medium heat. Season with salt and pepper to taste.

Remove from heat and serve.