



# SPICY TOMATO SOUP



## Ingredients

1 small carrot  
1 small onion  
½ potato  
1 tablespoon oil  
1 tablespoon tomato puree  
400ml water  
1 vegetable stock cube  
½ teaspoon dried chilli flakes  
½ can chopped tomatoes

## Method

- 1 Prepare the vegetables, chop the onion finely and dice the carrot and potato.
- 2 Pour the oil into a medium sized saucepan and put onto a gentle heat.
- 3 Add the vegetables into the pan and heat gently – do NOT let the vegetables brown.
- 4 Cook for 2 – 3 minutes, stirring all the time.
- 5 Add the remaining ingredients to the saucepan and bring to the boil.
- 6 Cook for 15 minutes. Season with salt and pepper.
- 7 Take the saucepan off the heat, using a stick blender, puree the soup until smooth.
- 8 Taste, season again if necessary.
- 9 Serve with hot crusty bread.