

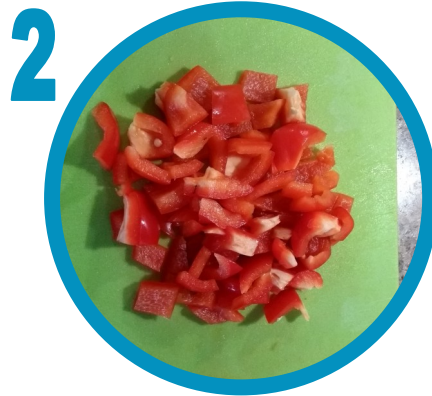
How to... Red Pepper & Tomato Soup

(Serves 2)

1 medium onion, 1 red pepper (deseeded), 1 medium carrot, 1 medium potato, 1 dessertspoon olive or vegetable oil, 2 teaspoons garlic purée or 2 cloves of garlic, 2 teaspoons dried mixed herbs, 1 tin chopped tomatoes, 5 mugs water, 1 stock cube (any kind), black pepper to taste.



Peel and chop onion.



Chop pepper.



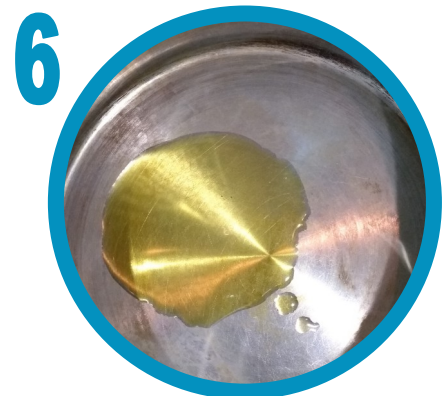
Wash and chop carrot.



Wash and chop potato.



Chop garlic if using cloves.
Place a large pot on a medium heat and add oil.



When the oil is hot add onion, pepper, carrot, potato, garlic and herbs.



Cook for 3 minutes. Add water, stock cube and black pepper to taste.



Add chopped tomatoes and cook on a medium heat for 20 minutes.



This can be served chunky or have it smooth using a hand blender.