

WHAT YOU NEED

- 1 onion
- 1 red pepper (deseeded)
- 1 carrot
- 1 potato
- 1 dessertspoon olive or vegetable oil
- 2 teaspoons of garlic purée or 2 cloves of garlic, chopped (optional)
- 2 teaspoons of dried mixed herbs

How to Make Red Pepper & Tomato Soup

Serves 2

- 1 tin of tomatoes
- 1 stock cube (any kind) dissolved in 500ml (2 mugs) of boiling water
- black pepper to taste

1



Peel and chop onion.

2



Wash and chop pepper.

3



Wash and chop carrot.

4



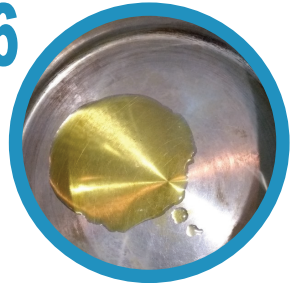
Wash and chop potato.

5



Peel and chop garlic, if using cloves. Place a large pot on a medium heat and add oil.

6



When the oil is hot, add onion, pepper, carrot, potato, garlic and herbs. Cook for 3 minutes.

7



Dissolve 1 stock cube in 500ml (2 mugs) of boiling water. Add black pepper to taste.

8



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

9



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