



Roasted Tomato and Pepper Soup

Serves 4

Prep time: 10 minutes

Cooking time: 30 minutes

Per portion

Calories: 81

Fat: 0.7g

Saturates: 0.1 g

Carbs: 16.4g

of which sugars: 14.8g

Fibre: 6.1g

Protein: 3.1g

Salt: 0.45g

Ingredients:

- 1kg over ripe tomatoes, wiped and stalks removed
- 2 red peppers, deseeded and quartered
- 2 large onions, peeled and quartered
- 3 cloves of garlic, peeled
- ½ red chilli, deseeded
- 400ml hot vegetable stock
- Pinch sea salt
- Black pepper to season

Instructions:

Pre-heat the oven to 190C, 375F, Gas Mark 5

Place the tomatoes, pepper, garlic, onion and chilli in a shallow baking dish and sprinkle over the salt.

Place in the top of the oven and bake for 30 minutes.

Carefully place the roasted vegetables in a blender or food processor with any juices left over and begin to puree. Slowly add the hot stock until the desired consistency is achieved.

Season with the black pepper.

Warm through in a saucepan if required and serve straight away.

TIP's: Suitable for freezing.

This soup makes a great base for a quick pasta sauce!