



Tomato soup

800 g tomatoes

2 onions

2 carrots

1 medium potato

2 celery sticks (optional)

oil

6 tablespoons tomato puree

Sugar, salt and pepper to taste

1 litre vegetable stock

Grated cheese, cream or chopped herbs to garnish (optional)

1. Peel the onions and chop.
2. Peel the carrots and potato and chop into small cubes, along with the celery, if using.
3. Heat oil in large saucepan and gently fry the onions, carrots, celery and potato for 3 minutes; stirring occasionally.
4. Meanwhile, halve or quarter the tomatoes, depending on the size; or leave whole if cherry tomatoes.
5. Add the tomatoes, tomato puree and vegetable stock to the saucepan. Mix well.
6. Bring to the boil, then reduce heat to simmer the soup for 35 minutes.
7. Add sugar, salt and pepper to taste.
9. Either serve as it is, with chunks of vegetables, or puree using a hand or jug blender. Reheat and serve, with a garnish of grated cheese, basil leaves or swirl of cream if desired.