



Tomato & Basil Soup



Food Fact:-

Tomatoes contain a powerful anti oxidant called Lycopene. Scientists believe it can help prevent cell damage thereby lowering the risk of heart disease and some cancers.

Preparation time 15 mins

Serves 4

Cooking time 22 mins



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Ingredients

1. Finely chop the carrot ,onion and garlic.
2. Put the oil, onion, garlic, carrot and sugar in a large bowl. Cover and cook for 5 mins, stirring once.
3. Add the remaining ingredients, except the parsley and bread. Cover and cook for 15 mins, stirring occasionally.
4. Leave the soup to stand for 2 mins.
5. Puree the soup in a blender or food processor. For a really smooth soup, strain through a sieve after pureeing.
6. Reheat if necessary. Sprinkle with chopped parsley and serve with croutons or crusty bread.

1 tbsp (25ml) oil
1 medium onion,
1 garlic clove
1 carrot,
1 tsp (5ml) sugar
450g (1 lb) fresh tomatoes,
chopped; or 400g can
chopped tomatoes
450ml (3/4 pt) boiling
stock
2 tbsp (30ml) chopped
fresh basil
2 tsp (10ml) lemon juice
2 tbsp (30ml) tomato puree

