



Roasted Tomato & Red Pepper Soup (Serves 4-6)

Ingredients:

- 4 medium beef tomatoes cored and quartered
- 3 red bell peppers deseeded and quartered
- 2 small red onions, cut into wedges
- 2 tablespoons extra virgin olive oil
- 2-3 cloves garlic, peeled
- 400ml – 500ml vegetable stock / water
- Fresh Basil Leaves
- Oregano, Thyme, Rosemary or Paprika good dried herbs to season
- Salt and pepper, to taste
- Optional: Tomato Paste / Puree 2tbsp
- Optional : Vegetable low sodium stock cube

Method:

- On one - two baking trays place sliced peppers and garlic on one and sliced tomatoes and onion on another
- Sprinkle with olive oil fresh basil, and dried herbs of your choice, salt , pepper .
- Cover with parchment or foil and roast for 25-30 mins at 180 – 200C oven
- Bring stock / broth to the boil and then toss in your roasted vegetables.
- Reduce to a simmer for 10 minutes
- Blitz and serve!

Optional:

- Add in 1 tin of coconut milk to soup when cooled for creaminess
- Vary your herbs: basil / thyme / oregano / parsley / rosemary / cayenne pepper

Serving Ideas

- Sprinkle some seeds and add a tbsp of natural yogurt / Greek style or coconut yogurt on top.
- Add protein with 2-3tbsp of chickpeas or butterbeans
- Crusty Sour Dough Bread Slices