

Roasted Tomato & Red Pepper Soup with Basil Smash



QUICK

This is not a 15 minute recipe. The extra time will be worth it though!

HEALTHY

Cooking tomatoes increases the levels of lycopene, a phytochemical that acts as an anti-oxidant in the body.

FAMILY

Feeds 6 with spare...

MEALS

I can never make enough of this soup. It always gets eaten.

INGREDIENTS

- 3 red peppers
- 1kg tomatoes – mushy ones are fine
- 2 onions
- Oil for drizzling – approx. 4 tbs
- 1-2 veg stock cubes in 1.5 litres water
- Salt and pepper

Basil smash

- 50g basil
- 2 tbs olive oil
- Big pinch salt

METHOD

- 1) Put the oven onto 180°C
- 2) Roughly cut up the peppers into 1/8s and tomatoes and onions into 1/4s
- 3) Drizzle with the oil
- 4) Roast in a hot oven for approx. 1-1.30 hours till browning at the edges (it may take longer) Check and mix every 20 mins
- 5) Pour vegetables into a large saucepan
- 6) Add water and stock
- 7) Cover and bring to the boil
- 8) Simmer for 10 minutes
- 9) Blend then pour through a sieve (You'll probably need to mix it with a spoon to get it all through)
- 10) Taste (add S & P / more stock if necessary)
- 11) Make the basil smash by adding the basil, salt and oil to a pestle and bashing till a paste
- 12) Serve the soup with a tsp of basil smash on top



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