

# TOMATO & BASIL SOUP



## Ingredients:

2 carrots  
 2 celery sticks  
 2 medium onions  
 2 cloves garlic  
 2 chicken (or vegetable) stock cubes  
 400 g tinned plum tomatoes (x2)  
 6 large ripe tomatoes  
 1 small bunch fresh basil  
 Olive oil  
 Salt and pepper to taste  
 Pinch of brown sugar  
 Dash of balsamic vinegar

## Instructions:

1. Peel and/or slice the carrots, celery, onions, and garlic.
2. Put a large pan over a medium heat and drop in some olive oil. Throw in all the chopped and sliced ingredients and mix them together.
3. Cook for approximately 10 to 15 minutes with the lid askew, until the carrots have softened (but make sure they're still holding their shape), and the onions are lightly golden.
4. Put the stock cubes into a jug or pan and pour in 1.5 litres of boiling water.
5. Stir until the stock cubes are dissolved, then add to the pan with both your tinned and fresh whole tomatoes (don't remove the green stalks attached to the tomatoes).
6. Stir the mixture and bring it to a boil. Reduce the heat and simmer for 10 minutes with the lid on, then throw in the brown sugar and balsamic vinegar.
7. To serve your soup, remove the pan from the heat. Season with salt and pepper, and add the basil leaves.
8. Use a hand blender (or liquidiser) to pulse the soup until smooth. Season again to taste before serving.