Spicy Tomato Soup

Ingredients

1 onion

1 carrot

1 potato

1 x can chopped tomatoes (400g)

500ml water

1 stock cube

½ x 5ml spoon dried chilli flakes

1 x 15ml spoon tomato puree

Equipment













Method

- 1. Prepare the vegetables:
 - peel and slice the onion;
 - top and tail, peel and slice the carrot;
 - peel and cut the potato into 8.
- 2. Put all the ingredients into a saucepan.
- 3. Stir everything together, bring to the boil and then simmer for 20 minutes.
- 4. Pour the mixture into the liquidiser and blend until smooth.
- 5. Serve.

Serve with warm
crusty bread for
a hot spicy snack!
You will need a liquidiser
for this recipe!



Top Tips

- Place a cloth over the liquidiser to prevent any soup from splashing out.
- Use a range of different vegetables, e.g. leeks, peppers, mushrooms.
- · Serve with wholegrain bread.
- Add different herbs and spices, such as basil or paprika, for a different flavour.

Skills

Using the vegetable peeler

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Using a knife

Using the hob

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Combining ingredients together

Preparing an onion

