



Spicy Tomato Soup

Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x can chopped tomatoes (400g)
- 500ml water
- 1 stock cube
- 1/2 x 5ml spoon dried chilli flakes
- 1 x 15ml spoon tomato puree



Equipment

- Chopping board, vegetable peeler, knife, can opener, saucepan, measuring spoons, wooden spoon, liquidiser/blender, ladle.



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.



5. Serve.

