

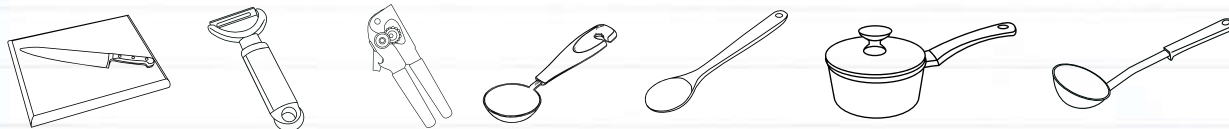
Spicy Tomato Soup



Ingredients

1 onion	500ml water
1 carrot	1 stock cube
1 potato	½ x 5ml spoon dried chilli flakes
1 x can chopped tomatoes (400g)	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
- Using a knife
- Using the hob
- Combining ingredients together
- Preparing an onion

