

Tomato Soup

This is an easy soup to make. The combination of fresh and canned tomatoes with tomato purée gives a rich tomato flavour.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (343g):

Energy	Fat	Saturates	Sugars	Salt
369kJ 88kcal 4%	3.4g 5%	1.4g 7%	5.8g 6%	0.35g 6%

of an adult's reference intake.
Typical values per 100g: energy 108kJ/26kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Sharp knife
Colander
Can opener
Measuring jug
Kettle
Measuring spoons
Large saucepan with lid
Wooden spoon or large plastic stirring spoon
Pan stand
Ladle
Jug or hand blender
Tea towel
Mixing bowl
Tasting spoon
Scissors

Ingredients

Serves 4-6

1 medium potato (about 250g)
1 medium onion
1 carrot
6–8 tomatoes (about 500g)
1 x 400g can chopped tomatoes
1 reduced-salt vegetable stock cube
750ml boiling water
1 x 15ml spoon vegetable oil
1 x 15ml spoon tomato purée
Ground black pepper (optional)
A few chives, to serve (optional)

Serves 10

2 medium potatoes (about 500g)
2 medium onions
2 carrots
12–16 tomatoes (about 1kg)
2 x 400g cans chopped tomatoes
2 reduced-salt vegetable stock cubes
1.5 litres boiling water
2 x 15ml spoons vegetable oil
2 x 15ml spoons tomato purée
Ground black pepper (optional)
A few chives, to serve (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- When blending hot soup, the pressure can build up inside the blender, which is why it is important to follow these 3 rules:
 1. Never fill the blender more than half full.
 2. Always cover the lid with a thick tea towel.
 3. Always hold the lid down when the blender is on.
- Alternatively, use a hand blender and blend the soup in the pan. Allow the soup to cool down a little first.

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Method

1. Peel and chop the potato into small 2cm chunks.
2. Peel and finely chop the onion.
3. Peel the carrot, top and tail and discard the ends. Slice the rest of the carrot into 1cm pieces.
4. Wash the tomatoes and cut them into quarters.
5. Open the can(s) of tomatoes.
6. Measure 750ml of boiling water into the measuring jug, crumble in the stock cube(s) and stir to dissolve.
7. Measure the oil into the saucepan and add the onion. Place over a low heat and cook the onion gently until it starts to soften. This will take about 5 minutes.
8. Add the carrot and continue cooking gently for a further 5 minutes. Stir occasionally to ensure that the vegetables don't burn on the bottom of the pan.
9. Add the stock, potatoes, fresh and canned tomatoes. Stir in the tomato purée. Bring to boiling point and then reduce the heat to a gentle simmer (small bubbles). Place the lid on the pan and simmer for about 20 minutes until the potato and carrots are soft.
10. Ladle a third of the soup into a jug blender.
11. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl.
12. Repeat until all the soup is blended.
13. Add ground black pepper to taste (if using).
14. Reheat the soup to serve.
15. If using chives, snip them finely with scissors and sprinkle on the surface when the soup has been ladled into bowls.

Something to try next time

- For a special occasion or finish, swirl 1 x 5ml spoon crème fraîche or 2 x 5ml spoons grated cheese into each bowl of soup just before serving.
- Add ½ x 5ml spoon dried chilli flakes.
- Add 12 basil leaves or ½ x 5ml spoon of dried basil.

Prepare now, eat later

- Prepare the vegetables the day before and keep in sealed bags in the fridge.
- This soup freezes really well. Cool and pour into freezer bags inside a plastic container. Once frozen, the bag can be removed from the container and stored in the freezer. Defrost thoroughly and reheat until bubbling hot.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, grating, blending, boiling/simmering and frying.