Tomato soup

Tomatoes are a great source of Vitamin C and each portion of soup counts toward 1 of your 5 a day.

Makes: 5 portions • Preparation time: 25 minutes

Ingredients

- 1 tbsp oil
- 1 onion
- 1 tbsp garlic paste (or 3 cloves)
- 1 tsp cumin
- 1 tsp mixed herbs
- 800g chopped tomatoes (2 tins)
- 500ml stock (1 stock cube)
- 2 tbsp tomato puree
- Wholemeal bread (optional)

Equipment

- Sharp knife/ grater
- Chopping board
- Saucepan
- Tablespoon and teaspoon
- Mixing spoon
- Tin opener
- Measuring jug
- Hand blender
- Ladle

Method

1. Chop the onion finely (or grate).
2. Add oil, onion and garlic to the pan and fry on low until onion is softened (about 5 minutes).
3. Add cumin and cook for another minute.
4. Mix in the chopped tomatoes, stock and tomato puree.
5. Bring to the boil then turn down and simmer for 15 minutes.
6. You can either leave it chunky or use a handheld blender to blend it into a smoother soup.
7. Serve warm with slice of bread.

Top tips

- Using pre-chopped onion will save you time but might be slightly more expensive
- You could add sweetcorn or fresh herbs (like basil) for extra texture and flavour

Get the kids involved by...

- Prepping the onion
- Measuring out some of the ingredients
- Having a go at blending the soup