

Roasted red pepper & tomato soup with garlic & herb croutons

(Serves 4)

Ingredients

- 4 Peppers, red, deseeded & roughly chopped
- 6 (Appx 480g) Tomatoes, medium, whole
- 4 Garlic cloves, unpeeled
- 1 tsp Oregano, dried
- 2 tbsps Oil, Olive, napolini
- 100g Onions, red, roughly chopped
- 1 Stock pot, (knorr vegetable)
- 850 mls Water
- 100g Garlic & herb croutons
- Few leaves Basil, fresh

Preparation

1. Pre-heat oven to 200°C/400°F/Gas Mark 6 (180°Fan).
2. Place peppers, tomatoes & whole garlic cloves on a baking tray.
3. Sprinkle with oregano & 1 tbsp of the olive oil.
4. Coat the peppers & tomatoes in the oil & roast for 30 minutes.
5. Heat the other 1 tbsp oil in a large pan & fry the onion for 10 minutes.
6. Prepare stock & add to pan with tomatoes & peppers.
7. Squeeze the soft cooked garlic from the skins into the pan.
8. Bring to boil & simmer for 30 minutes with the lid on.
9. Whizz soup through a processor & re-heat back on the hob.
10. Serve soup topped with croutons & fresh basil.

TOP TIP: Very low in calories & a great energy booster.

NUTRITIONAL VALUES

PER SERVING

Calories 263

Total Sugars 11.83g

Total Fats 11.31g

Saturated Fats 1.98g

Salt 1.61g

Fruit & Veg 3.8