

Tomato Soup

Ingredients

2 tbsp olive oil

2 onions, chopped

1 carrot, peeled and diced finely

1 garlic clove, crushed

1 celery stick, finely chopped

450g/1lb fresh ripe tomatoes, halved

1 litre/1¾ pints vegetable stock

handful fresh basil, shredded (optional)

salt and freshly ground black pepper

Method

1. Heat the oil in a large saucepan and add the onions, carrot, garlic and celery. Cover and cook gently for 10 minutes until soft.
2. Add the tomatoes. Season with salt and pepper, stir and cook for another 5 minutes.
3. Add the stock, bring to the boil and simmer for 10 minutes. Liquidise until smooth. If using the basil, stir in just before serving.

Sweet potato and red pepper soup

Ingredients

- 1 onion, peeled and roughly chopped
- 1 large carrot, peeled and roughly chopped
- 2 celery sticks, roughly chopped
- 1 sweet potato, (skin on) chopped
- 1 red pepper, deseeded and chopped
- 2 garlic cloves, chopped
- 400g tin plum tomatoes
- 1 reduced salt vegetable stock cube, made up to 900ml

Method

1. Preheat the oven to gas 7, 220°C, fan 200°C. Add the onion, carrot, celery, sweet potato, red pepper, garlic and tinned tomatoes to a large saucepan set over a medium heat. Bring to the boil, then simmer for 5 mins.
2. Pour the stock into the saucepan, stir well, cover and cook for 25 mins or until all the vegetables are soft.
3. Blitz with a hand blender or in a food processor until smooth.

Chunky vegetable soup

Ingredients

- 1 tbsp olive oil
- 1 celery stick, diced
- 1 carrot diced
- 1 leek, halved lengthways and chopped
- 65g pancetta
- 500ml chicken stock
- 1 sprig fresh thyme
- 400g cherry tomatoes
- 400g green lentils, drained
- 2 cabbage leaves, de-stalked and finely shredded

Method

1. Heat the oil in a medium pan. Add the carrot, celery, leek and pancetta and cook stirring every now and then for 8-10 minutes.
2. Pour in the stock, add the thyme and tomatoes then cover and simmer for 12-15 minutes.
3. Stir in the cabbage and lentils, cover the pan and cook 5 minutes more or until all the vegetables are tender.