



Roasted Red Pepper and Tomato Soup

(Makes 6 x servings of soup - freeze any leftovers!)

Ingredients

2 x red peppers (capsicum or bell peppers), cored, seeds removed and quartered
400g tomatoes, washed and quartered
4 x cloves of garlic, washed (skin left on)
1 x medium-sized brown onion, peeled, washed and roughly chopped
450ml chicken or vegetable stock
2 Tbsp olive oil
25g butter
Salt & ground black pepper to taste

Instructions

Preheat the oven to 200 degrees celsius (or gas mark 4).

Line a large roasting tray with baking paper. Transfer the peppers, tomatoes and garlic cloves to the tray. Drizzle with olive oil and ensure the oil evenly coats all vegetables.

Ensure the vegetables are evenly spaced and transfer to the middle shelf of the oven. Roast the vegetables for 15-20 minutes, until the pepper skin starts to brown. Remove from the oven and set aside to cool.

While the roasted vegetables cool, melt the butter in a large saucepan over a medium heat. Add the onions and saute for 4-5 minutes until softened.

Peel the cooled, roast garlic and discard the skin. Add the garlic, pepper and tomatoes to the saucepan and mix well. Stir in the chicken or vegetable stock and bring to a simmer. Cook for 15-20 minutes, stirring occasionally.

Remove the saucepan from the heat. Using a hand blender, blend the mixture until it reaches a smooth consistency. Serve the soup immediately on its own or with bread.