

YEAR 8 FOOD MODULE 2

SPICY TOMATO SOUP

INGREDIENTS

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
½ x 5ml spoon dried chilli flakes
1 x 15ml spoon tomato puree

METHOD

- 1 Prepare the vegetables
Peel and slice the onion
Top and tail, peel and slice the carrot
Peel and cut the potato into 8
- 2 Put all the ingredients into a saucepan
- 3 Stir everything together, bring to the boil and then simmer for 20 minutes
- 4 Pour the mixture into the liquidiser and blend until smooth
- 5 Serve

TOP TIPS

Place a cloth over the liquidiser to prevent any soup from splashing out.

Use a different range of vegetables, e.g leeks, peppers, mushrooms.

Serve with wholegrain bread.

Add different herbs and spices, such as basil or paprika, for a different flavour.