

Red Pepper and Tomato Soup

Serves 4 – 6

Ingredients

- 3 large red peppers
- 750 g large ripe tomatoes or 300g passata (Italian sieved tomatoes)
- 400 ml vegetable stock
- 3 tbsp of olive oil
- 2 cloves of garlic
- 1 medium onion
- 2 tsp chopped fresh basil or 1 tsp dried basil
- 1 tsp fresh oregano leaves or pinch of dried oregano

Method

Time: 1 hour – 1hour 20 min

1. Preheat the oven to 190°C Gas 5. Put the bell peppers on a roasting pan. Drizzle a little olive oil over the garlic and wrap in foil and add to the pan. Roast the peppers and the garlic in the oven for 35 minutes.
2. While the peppers are roasting, peel the tomatoes by immersing in boiling water for 10 seconds, refreshing in cold water, then slipping off the skins. Slice the tomatoes and remove the seeds.
3. Heat some olive oil in a pan and cook the onion for 5 – 7 minutes until soft. Add the tomatoes, reduce the heat and allow to simmer, stirring, for 30 minutes or until the oil separates into pools or the liquid thickens. Stir in the fresh or dried basil and oregano.
4. Remove the garlic from the oven and put to one side to cool. Take the peppers out of the oven and place in a plastic bag, seal and allow to cool.
5. Peel the skins off the cooled peppers and remove the seeds.
6. Place the peppers in a food processor together with the flesh of garlic and half the vegetable stock and liquidize. Place in a pan.
7. Put the tomatoes and onions from the pan in the food processor together with the remaining vegetable stock and liquidize.
8. Add the tomato mixture to a pan and heat to serving temperature.
9. Season to taste and garnish with pesto or basil.

Variations

- For a quicker soup, use 300g of passata instead of fresh tomatoes.
- For a stronger smokey flavour, roast an aubergine in the oven together with the red peppers and/or add some smoked paprika.

