

Sweet Pepper & Tomato Soup

by Coupar Angus Food Focus Café  40 mins  Serves 4

#SoupOnSaturday



A light, warming soup, Sweet Pepper and Tomato is the perfect first recipe for #SoupOnSaturday! It's easy to make, very nutritious, and tastes delicious.

Ingredients

- 1 Onion (peeled & chopped)
- 4 Cloves of Garlic (peeled & crushed)
- 1 Large / 2 Small Carrots (washed, peeled & chopped)
- 1 Large / 2 Small Sweet Peppers (seeds removed & chopped)
- 400g Chopped Tomatoes
- 1.2l Boiling Water
- 3 Tbsp Sunflower Oil
- Fresh/Dried Herbs to Taste

Method

1. Heat the oil in a large pan, frying the onion and garlic until translucent. Do not brown.
2. Add the peppers and carrots, and cook for a further 2 minutes.
3. Add the chopped tomatoes and herbs to taste, and cook for another 2 minutes.
4. Add boiling water, bring to the boil, then cover and simmer for 30 minutes, stirring occasionally.
5. Blend to taste, serve and enjoy. (For an added little kick to second day soup, add some hot pepper sauce.)