



# TOMATO AND BASIL SOUP

**Season:** Summer  
**From the garden:** Tomatoes, basil  
**Type:** Soup  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** [cookieandkate.com](http://cookieandkate.com)

## Equipment

- \*chopping board
- \*knife
- \*colander
- \*can opener
- \*wooden spoon
- \*stick blender
- \*measuring cups and spoons
- \*large saucepan
- \*baking tray

## Ingredients

- \*1 onion and 2 garlic cloves
- \*1 kg tomatoes
- \*3 cups vegetable stock or 3 stock cubes and water
- \*1 can of white beans
- \*2 tbsp tomato paste
- \*2 tbsp margarine or butter
- \*1 tsp sugar
- \*1 tsp salt, pepper to taste
- \*1 tsp paprika powder
- \*1 tsp dried oregano
- \*10-15 fresh basil leaves

## Method

**1.preheat oven to 200 degrees**

**2.chop tomatoes into chunks and spread them on a baking sheet. Sprinkle with dried oregano**

**3.bake tomatoes for around 30 minutes until soft and juicy**

**4.chop the onion and garlic, add them to the saucepan with a little oil and fry for around 5 minutes until soft**

**5. add the paprika powder and fry for another min.**

**6. add roasted tomatoes, paste, butter, stock, fresh, basil, salt and pepper and drained white beans**

**7.blend the soup with a stick blender until smooth. Taste and adjust seasoning if necessary. Add more water if needed**

**Notes: The beans will make the soup creamy without the use of dairy**

**Skills: measuring, *mixing, cutting, blending***