



# TOMATO AND BASIL SOUP

**Season:** Summer  
**From the garden:** Tomatoes, basil  
**Type:** Soup  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 3-4 serves, 15 tastes  
**Source:** [cookieandkate.com](http://cookieandkate.com)

## Equipment

- \*cooking pot
- \*chopping board
- \*knife
- \*colander
- \*can opener
- \*wooden spoon
- \*blender
- \*measuring cups and spoons

## Ingredients

- \*2 tbsp olive oil
- \*1 onion
- \*750 g tomatoes
- \*2 cups vegetable stock or 2 stock cubes
- \* $\frac{1}{2}$  cup of canned white beans
- \*2 tbsp tomato paste
- \*2 tbsp margarine or butter
- \*1 tsp sugar
- \*1 tsp salt, pepper to taste
- \*1 tsp paprika powder
- \*10-15 fresh basil leaves

## Method

1. cut crosses on top of the tomatoes and cover with boiling water. Leave them for a minute and then drain
2. refresh the tomatoes with cold water and peel off their skins
3. chop tomatoes
4. chop the onion, add them to the pot with olive oil and fry for around 5 min. till lightly browned
5. add the paprika powder and fry for another min.
6. add tomatoes, paste, stock, salt and pepper and simmer on a low heat for around 15 min.
7. open the can of beans, drain the brine off and rinse the beans with water
8. put the tomato mixture, the margarine or butter and the beans in the blender and blend until smooth. Do that in batches, as it will be too much in one go. Also be aware that it will be very hot. If there is time, let the soup cool before blending.
9. add the basil leaves and blend again

**Notes:** The beans will make the soup creamy without the use of dairy. But cream can be used instead of the beans.

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