



# EASY TOMATO SOUP

## Ingredients: (serves 2)

- 4 tablespoons unsalted low calorie spread
- ½ large onion, cut into large wedges
- 1 can tomatoes
- 1 ½ cups water, vegetable or chicken stock

Season to taste or add fresh herbs, eg basil

## Method:

- Melt butter over medium heat in a large saucepan
- Add onion wedges, stock, can of tomatoes with their juices.
- Heat until the soup is simmering and continue for about 40 minutes stirring occasionally
- Blend the soup, and then season to taste.  
(The soup doesn't need to be ultra-smooth)

