



Slow Cooker Tomato and Courgette Soup

Serves 4

Ingredients:

- 2 medium carrots, peeled and chopped
- 1 courgette, peeled and chopped
- 1 white onion, peeled and chopped
- 2 400g canned peeled plum tomatoes
- 4tbsp tomato puree
- 2 vegetable stock cubes & 150ml water
- 1tsp dried basil
- 1tsp paprika
- ½tsp sugar
- 150ml milk

Method:

1. Peel and dice the vegetables into chunks of around 2cm or less
2. Add these to the slow cooker
3. Add the remaining ingredients apart from the milk.
4. Stir everything together
5. Cook on high for 4 hours or low for 6 hours
6. Check that the soup mixture is completely cooked through.
7. Add the milk and cook for a further 15 minutes on high
8. Carefully transfer the soup mixture to a jug blender and pulse until smooth. You can also do this with a stick blender directly in the slow cooker

