



Slow Cooker Tomato Soup

Serves 4-6

Ingredients:

- 1tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, peel and grate or 1tsp garlic paste
- 1 yellow pepper, washed and sliced or use frozen
- 1 stick of celery, washed and finely chopped (optional)
- 2 x 400g tin tomatoes, chopped
- 1tsp sugar (optional; brings out flavour in tomatoes)
- 1 vegetable stock cube, dissolved in 50ml of freshly boiled water
- Pinch of black pepper
- 1tsp dried mixed herbs

Method:

1. Heat oil in frying pan, cook garlic (only if using fresh) and onions until soft
2. Place onions and garlic into slow cooker with peppers, celery, tinned tomatoes, vegetable stock, sugar, herbs and black pepper
3. Cover and cook for 3 hours on high
4. Transfer to bowl blend to a smooth consistency (or mash with a potato masher)



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