

Tomato and Basil Soup

Ingredients: -

Approx 2 fl oz - extra virgin olive oil

1 - clove garlic, crushed

900g/2lb - large beefsteak tomatoes

900ml/1½ pint - chicken stock

2 - onions, chopped

45ml/3 tbsp - flour

30ml/2 tbsp - tomato puree

45ml/3 tbsp - fresh chopped basil

Pinch salt

Pinch freshly ground black pepper

Method: -

Cook onions and garlic for 2 or 3 minutes.



Halve the tomatoes and discard the seeds.

Remove the onion from the heat and stir in the flour, cook gently for 1 minute, stirring.

Gradually add the stock. Bring to the boil slowly continuing to cook until thickened.

Stir in the tomato puree, basil and tomatoes.

Season.

Cover the pan and simmer gently for 30 minutes.

Leave to cool a little, pour into a food processor or blender.

Process until smooth.

Margarines which are called "hydrogenated" contain damaging fats called

"trans fats".