

Tomato and basil soup

Ingredients

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3/4 L of boiling water, stock or meat juices
- 1 1/2 lb fresh tomatoes, roughly chopped
- 2 medium potatoes
- 4 tablespoons chopped fresh basil (or 2 tsp dried)
- 1/2 tsp ground black pepper
- 2 teaspoons ground turmeric
- A pinch of mustard powder
- 4 tablespoons tomato puree (if needed for colour)
- Optional - small handful of dried, washed dulse seaweed



Easy and tasty recipe,
made using simple
ingredients

Method

2. Add the olive oil to a pan and heat gently
3. Add the onions. Stir and brown them gently. Once lightly browned add the rest of the ingredients in the order given above.
4. Bring to a fast simmer and leave for 30 minutes
5. Remove from the cooker and blend the soup until smooth.
6. Garnish with fresh basil leaves.

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