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Recipe © Rosemary Conley Enterprises

## SPICY FRESH TOMATO & BASIL SOUP

Tomato and Basil Soup is bursting with flavour, antioxidants and fibre. This recipe delivers a real immunity boost. Deliciously nutritious, this fresh tomato soup is a real winner!

Serves 4

Per serving: 115 calories, 1.1g fat

Prep time 20 mins

Cook time 20 mins

## INGREDIENTS

1kg fresh ripe tomatoes, roughly chopped  
3 medium onions, finely chopped  
Rapeseed oil spray  
2 garlic cloves, crushed  
2 generous tablespoons tomato purée  
1 small red chilli, deseeded and chopped (optional)  
Handful of fresh basil leaves, washed  
200ml hot water with 1 vegetable stock pot  
Freshly ground black pepper

This soup will keep in a refrigerator for three days and is suitable for freezing.

## METHOD USING A SOUP MAKER

1. Fry the onions and crushed garlic in a large non-stick pan sprayed with rapeseed oil and cook until soft, then set aside.
2. Roughly chop the tomatoes and remove any hard central cores. Place all the ingredients, except the basil, into the soup-maker and season well with freshly-ground black pepper. Cook for 20 minutes on 'High'.
3. When cooked, pulse for 30 seconds. Add the basil and pulse for another 30 seconds. Season to taste.
4. Place a sieve on top of a large jug or bowl and pour the soup, a little at a time, into the sieve and work it through the mesh with the back of a wooden spoon. With a metal spoon, scrape the thick pulp from underneath the sieve allowing it to fall into the soup below. When you have worked every bit of pulp through the mesh that you can, discard the remaining skin and seeds.

## METHOD USING A PAN

1. Place the chopped onions and crushed garlic in a large non-stick frying pan or saucepan sprayed with rapeseed oil and cook until soft, then set aside.
2. Roughly chop the tomatoes and remove any hard central cores. Add the chopped tomatoes to the pan with the onions and garlic and add the stock, tomato puree, and chopped chilli (if using). Cover and simmer for 20 minutes, stirring occasionally and season well with freshly-ground black pepper.
3. When cooked, allow to cool a little before placing in a liquidiser. Liquidise for 30 seconds. Now add the basil leaves and liquidise for a further 30 seconds or until completely smooth.
4. Place a sieve on top of a large jug or bowl and pour the soup a little at a time into the sieve and work it through the mesh with the back of a wooden spoon. With a metal spoon, scrape the thick pulp from underneath the sieve allowing it to fall into the soup below. When you have worked every bit of pulp through the mesh that you can, discard the remaining skin and seeds.

