

Homemade Tomato Soup *Week 1*

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 1 large onion, cut into pieces
- 1 clove garlic
- 1 1/2 tablespoons plain flour, to thicken

- 2 (400g) tins peeled tomatoes
- 750ml chicken stock
- 1 tablespoon sugar, or to taste
- salt and black pepper, to taste
- 3 tablespoons freshly chopped chives

Method:

Heat oil and butter in a large pot. Add onion and stir until softened, about 5 minutes. Stir in garlic and 1 1/2 tablespoons plain flour.

Add tomatoes and chicken stock; bring to the boil. Simmer for 15 minutes.

Season to taste with sugar, salt and pepper.

Puree in a blender and return to pot.

Garnish with freshly chopped chives and serve