

PEOPLE'S KITCHEN

Quick Tomato Soup Recipe



Ingredients:

1oz butter or oil

1 x Onion

1 x clove garlic

600ml Chicken or Vegetable Stock

1 x 400gms tin chopped tomatoes

1 x tbsp. Worcester sauce

Pinch sugar

Basil or pesto

Salt & pepper

Optional – cream or crème fraîche

Method

1. Heat the butter or vegetable oil in a large pan and add the onion, Cook for 3-4 minutes until starting to soften; then add the garlic for 1 minute.
2. Add the stock, chopped tomatoes, pinch sugar and Worcester sauce and bring to the boil. Season well and simmer for 40 minutes.
3. Blend or leave chunky
4. Top with pesto, fresh basil or a swirl of cream
5. Enjoy with home-made crusty bread!



People First Tameside
Suite 3, St Michael's Court,
St Michael's Square, Stamford Street,
Ashton - under-Lyne OL6 6XN
Tel: 0161 308 3699
Email: speakup@pftameside.org
Charity No: 1087319