



Burley Model Allotments

Spicy Tomato Soup

Ingredients

- 3 tablespoons of oil
- 2 medium onions - finely chopped
- 1 carrot – chopped
- 2 leeks – trimmed and chopped
- 1 stick of celery – chopped
- 900g of chopped tomatoes tinned or fresh
- 2 dried chillies
- 1 litre good quality chicken or vegetable stock
- Salt and pepper to season
- 1 tablespoon plain flour

Method

1. sweat the onions, carrot, leeks and celery in the oil in a deep pan on the hob
2. use just enough flour to soak up any fat in the bottom of the pan
3. cook for a few minutes and then add stock slowly – stir well to prevent lumps
4. add the tomatoes and chillies
5. season and bring to simmering point
6. place pan, with lid on, in a low oven (120 C) for 1 hour, then allow to cool until safe to use in the blender
7. blend in small batches – can be sieved for a smoother finish
8. garnish with chopped parsley and a swirl of natural yoghurt or crème fraiche