

WINTER WARMERS Recipes

TOMATO SOUP

 vegetarian

 vegan

Preparation: 10 mins

Cooking: 15 mins

Serves 4, costs under £2.00

Ingredients

- 4 Small Sized (240g) Onions
- 3 (9g) Garlic Cloves
- 2 Sticks (60g) Celery
- 3 Tins (400g) Chopped Tomatoes
- 1 Reduced Salt (7g) Vegetable Stock Cube
- (500ml) Water

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Time Saver Tips

Soup can be prepared in advance and heated when required. Cool before putting in the fridge or freezing.

Cost Saver Tips

Why not make double the amount and freeze some for later?

Tips for Kids

Blend the soup so that the vegetables are hidden.



Method

1. Peel and chop the onions, garlic and celery.
2. Dissolve the stock cube in boiling water.
3. Add the vegetables, tomatoes and stock to a saucepan. Stir, and leave to simmer for about 15 minutes.
4. Blend the soup or serve chunky if preferred.

Nutritional Information

based on a single serving of 400g

Energy	86.00 kcals 361.00 kJ	Saturates	0.01g
Fat	0.50g	Sugar	11.40g
Saturates	0.01g	Salt	0.70g

SGF
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Recipe courtesy of
Parent Club
 
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