

CREAMY TOMATO SOUP

2 servings

Per Serve:

Calories: 200 Protein: 20g, Carbohydrates: 12g, Fat: 7g, Fibre: 3g

INGREDIENTS

1 x 400g can of tomatoes

300g cottage cheese

100g of roasted red peppers

1 teaspoon of veggie stock

1 clove of garlic crushed

1 teaspoon of chilli (I like gourmet garden)

Salt and Pepper to taste

DIRECTIONS

Place everything in the blender

Pour into a saucepan then heat gently on the stove

Taste and modify seasoning

You could use frozen vegetables, or cooked pumpkin instead of the tinned tomato

Just cook the veggies before placing in the blender