

Tomato Soup

Ingredients

- 400g of Tinned Chopped Tomatoes
- 500g box of Passata
- 50g Diced Onion (1 Mug)
- 150g diced potato (2 small ones)
- ½ Teaspoon Mixed Herbs
- 200ml Semi-Skimmed Milk (1 Mug)

Options

- Add a few chilli flakes

Equipment

- Sharp knife
- Potato Peeler
- Mug
- Large Saucepan
- Spatula

Preparation

- Get your ingredients and equipment to hand
- Peel and dice the Potato
- Dice the onion, but it is much easier to use frozen diced onion

Method

Peel and dice the potato and wash thoroughly to reduce the starch and scum in the soup!

Pop the potato and onion in the saucepan and barely cover them with water as we want to use the water in the soup – but not too much! Keep an eye on this and add a little more water if it gets too low before the potato is cooked.

Boil until soft – around 15 - 20 minutes depending on the potato type and how small you have diced it.

Add the mixed herbs

Empty the tin of tomatoes and box of passata into the saucepan and bring to a gentle boil.

Keep an eye on this, and gently stir from time to time.

Using a hand- blender, blitz everything to a perfect smooth consistency.

Taste and season with more herbs, salt or pepper if required.

Add the milk and stir it in then return it to a gentle boil for few minutes.

Notes

Sometimes you can get “Italian Seasoned” tomatoes or passata so you may need to add less herbs. I sometime include a single clove of garlic for a better overall flavour.

Portions

Number of portions	5 to 7
Final Portion Size	200g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes

There are no special techniques or principles at play in this recipe. It's a much-simplified version of the traditional method that would use fresh tomatoes.

I'm not saying it is as good, but 30 minutes rather than 3 hours to make it is quite appealing!

It can also be made with things in most store cupboards, without a special trip to the grocers.

**Once defrosted, consume within 24 hours.
Do not refreeze.**