

Tomato & Rice Soup

Ingredients

- 400g Tinned Chopped Tomatoes
- 500g Box of Passata
- 50g Risotto Rice (1 Mug)
- 50g Diced Onion (1 Mug)
- 150g diced potato (2 small ones)
- ½ Teaspoon Mixed Herbs
- ½ Teaspoon of Salt
- 2 or 4 shakes of ground black pepper.
- 500ml + 100ml of Cold Water

Options

- Add a few chilli flakes
- Add a clove of fine-diced or grated garlic
- You could try playing with other herbs such as basil or thyme.

Equipment

- Sharp knife
- Potato Peeler
- Mug or Measuring Jug
- Large Saucepan
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Peel, dice and wash the Potato. Try for a very small dice as we want the potato to practically melt away in the cooking process.
- Dice the onion, but it is much easier to use frozen diced onion



Method

Pop the diced and washed potato in the saucepan along with the rice and onion. Add the 500ml water and the salt.

Bring to the boil and simmer for 20 minutes or until the rice loses the crunchy bit in the middle.

The potato has practically disappeared - and that is intended. We will not be blitzing this soup.

Empty the tin of tomatoes and box of passata into the saucepan. You can use the additional 100ml of water to rinse the tomato tin and passata box.

Add the mixed herbs and pepper.

Return to a gentle simmer for 10 minutes.

This is a recipe with very light seasoning so it's best to taste and, if required, season with more herbs, salt and pepper.

Keep an eye on this, and gently stir from time to time to stop it sticking to the bottom of the pan.

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.

You might want to use the spatula to squish any large bits of the chopped tomato!

Portions

Number of portions	6
Final Portion Size	225g
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.

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

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.

