

Pimped up Tomato Soup



Serves	Prep Time	Cooking	Total Time	Calories
4 people				149 kcal

Stuff that's in it:

- 3 Cloves Garlic (Peeled)
- 400G Large Plum Tomatoes (Sliced In Half)
- 300G Red Pepper (Sliced In Half (2 Peppers))
 - 80G Carrots (Chopped (2 Large))
 - 1 Celery Stick (Chopped)
- 1 Large Onion (Chopped (230G))
 - 2 Cans Tinned Tomatoes
 - 2 Tsp Oil
- 1 Fresh Chilli (Sliced (Omit If You Don'T Want Spice))
 - 500ml Vegetable Stock

What you do:

Soup with wholewheat spaghetti and baked chicken, added a sprinkle of Parmesan and basil

Sprinkled Nando rub on a chicken breast, squirted oil, baked for 30
Sliced, rest

Heat soup, cook spaghetti, drain, add basil to soup, stir through spaghetti, add to plate. Add chicken, sprinkle Parmesan.

Bosh ☐☐

44g Protein

452 Cals

Soup Recipe

Pre heat your oven to 200°C, add your tomatoes, garlic and pepper to a tray and squirt with oil, bake for 20 minutes until slightly charred. Remove from oven then heat a large heavy pan, add the onion, celery and garlic, gently sweat for a few minutes, then add the tomatoes and pepper and chilli, mix well then add the cans of tomatoes and the stock.

Bring to the boil and simmer for 20 mins.

.Cool slightly and blend in a food processor or with a stick blender until smooth.

Nutrition

- Carbs: 17g
- Fat: 3g
- Protein: 4g

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