

CARROT & TOMATO SOUP



INGREDIENTS

- 6 medium carrots
- 1 large onion
- 250g tomatoes
- 2 cloves of garlic
- 1 tablespoon of hummus
- 1 tablespoons of sun dried tomatoes with oil
- Olive oil
- Sea salt
- Black pepper
- 250 ml veg stock
- 400g tin of tomatoes

DIRECTIONS

- 01 Drizzle olive oil over the tomatoes, onions, carrots and garlic, then roast in the oven at approx 180 Celsius for about 20 minutes.
- 02 Place the roasted veg into a large saucepan and add in the houmous, tinned tomatoes, veg stock and sun dried tomatoes. Simmer for 20 minutes.
- 03 Leave to cool a little before puréing it! I use a Kenwood tri-blade.
- 04 To serve, add a few basil leaves and freshly ground black pepper.

NOTE: This freezes really well too.