



Creamy Roasted Tomato and Red Pepper Soup

Roasting the tomatoes and peppers first gives this soup an amazing flavour. Tomatoes and red peppers are very good sources of Vitamin C which is a powerful antioxidant. The ingredients in this soup help your body cleanse and repair, boost your immune system and protect your cells.

Ingredients

- A handful of cherry tomatoes cut in half
- About half a bell pepper Red / Yellow Peppers chopped
- half a small onion red onion sliced
- Half a carrot carrot, chopped
- drizzle Olive oil or rapeseed oil
- half tsp Dried Basil
- 200ml Vegetable stock

Instructions

1. This recipe is measured to make one bowl of soup in the Just Me Soup maker

2. Chop the vegetables and lay on a baking sheet - put the tomatoes cut size up
3. Drizzle with olive oil and season with salt and pepper and the dried basil
4. Heat in the oven for about 15 minutes until the tomatoes and pepper become soft and juicy. Alternatively you can lay the tomatoes on some kitchen foil and place in the air fryer for 15 mins.
5. Tip the contents into the Just Me Soup maker, don't forget the juices !
6. Use your own stock or make up 200ml of stock using half a stock pot or half a stock cube. Add this to the machine
7. Switch the machine on making sure you have aligned the shape of the lid with the shape of the cup correctly.
8. When the lid is aligned correctly, the machine will stop flashing. The 'Smooth' function will automatically light up.
9. Press the start button to begin the program. The 'Smooth' light will turn solid and the cooking process will begin.
10. The program will begin by cooking your ingredients gently, after several minutes the blending cycles will commence.
11. When the program has finished the machine will beep 3 times. Carefully remove the lid taking care of steam and pour out your smooth soup
12. Serve with a sprinkling of fresh basil and a crusty roll - so good!