



Tomato and Basil soup

Rich in antioxidants, Vitamins C, A and K and low calorie. This is a fantastic tasty soup and so easy to make

Ingredients

- 3 medium sized Fresh tomatoes, chopped
- 1 Carrot, Chopped
- Half Red onion, chopped
- 1 teaspoon Tomato purée
- 1/2 teaspoon Dried mixed herbs
- About 5 or 6 Fresh basil leaves
- 200ml Vegetable or Chicken stock
- To Taste Salt and Pepper

Instructions

1. Add the tomatoes, carrot, onion, tomato purée and dried mixed herbs to the Justme Soup maker. It's a good idea to leave the fresh basil until the end of cooking - this retains the lovely fresh flavour
2. Pour in 200ml stock up to the MAX line inside the cup
3. Attach the lid and select the smooth program. Press the start key
4. The smooth program will start by gently cooking your ingredients for several minutes, half way through the program it will commence the blending process intermittently until it reaches the end of the program (18-19 mins)
5. When the program has finished the soup maker will beep 3 times.
6. Remove the lid, add the torn basil leaves to the cup
7. Re-attach the lid and select the 'Blend' function which is a burst of ten seconds of blending. This will mix the basil leaves into the soup while retaining the full flavour of the basil.
8. When complete, pour out your delicious soup and serve with a sprig of basil, perhaps a sprinkling of grated parmesan