

Tomato, Basil and Macaroni

This soup is highly nutritious, rich in antioxidants. Promotes healthy skin and vision. Improves bone health. May reduce risk of heart disease. Boosts immunity.... what's not to like? The Macaroni makes it a good filler.

Ingredients

- About 6 or 7 Fresh cherry tomatoes or plum tomatoes cut in half
- 1/4 Red onion, chopped
- 1/2 Sliced carrot
- a small squidge Tomato purée (1tsp)
- 200ml Vegetable stock made from 1/2 stock pot or half a stock cube. alternatively use your own stock
- 1/4 tsp Dried basil
- small handful Fresh basil leaves torn
- to taste salt and pepper
- a splash of Hendersons Yorkshire Relish (Vegan) or Worcestershire sauce (non vegan)
- A small handful of cooked Macaroni
- Parmesan Cheese for decorating

Instructions

- 1. Place all the ingredients into the Justme Soup maker EXCEPT the fresh basil and the cooked macaroni
- 2. Put the lid on and switch on the power supply

- 3. Make sure the shape of the lid aligns with the shape of the cup. When the lid is aligned correctly the machine will stop beeping and the lights will stop flashing
- 4. When the lid is fitted correctly the Smooth light will remain flashing. Press the start button to commence cooking
- 5. The smooth light will remain constant and solid. This indicates cooking has begun
- 6. After several minutes the blending will start. The machine will intermittently blend and cook until the cycle has finished
- 7. When the cycle has finished the machine will beep 3 times. Carefully remove the lid and add the fresh basil leaves
- 8. Replace the lid and using the selection button press until the BLEND function is flashing. Press start.
- 9. This program will blend the basil into your soup
- 10. Pour into bowl, add pasta and parmesan shavings. buon appetito!

