

Roasted Tomato & Red Pepper Soup



1.5 million whole tomatoes get wasted every day in the UK. Turn yours into this tasty soup.

Soups, hot or cold, can be a happy ending for all sorts of leftovers and very little can go wrong. Why not add some leftover croutons too - they don't have to be square or made out of sliced white bread - toasted leftover garlic bread chunks or toasted leftover naan will do the job just as well.

Roasted Tomato & Red Pepper Soup

- 8 tomatoes, halved
- 1 red pepper
- 1 red onion, peeled and cut into 8
- 2 garlic cloves
- 2 tbsp olive oil
- black pepper
- 1 tsp caster sugar
- 600mls hot vegetable stock
- 4 tbsp low fat crème fraîche or yoghurt
- 2 tbsp chopped parsley
- Handful of basil leaves



Method

1. Preheat the oven to 190°C/375°F/Gas 6.
2. Place the tomatoes, pepper, red onion and garlic into a small roasting tin and drizzle over the olive oil.
3. Season with salt and black pepper and sprinkle with sugar.
4. Roast for 30-35 minutes until softened and a little charred.
5. Blend the vegetables, stock, parsley and basil together.
6. Pour into a saucepan, add the crème fraîche, gently reheat and serve.

Serves 4

Got leftover courgettes?

Remove 2 tomatoes from this recipe and add a courgette instead

