



IN THE KITCHEN

Roasted tomato soup

Soups are so easy to make and provide a tasty, filling and healthy meal for all the family. There are endless options to try, but here's one to get you started.

Ingredients:

- Tomatoes (enough to fill the bottom of a roasting tin)
- Olive oil
- Salt and pepper to season
- Your favourite herbs (thyme, rosemary or oregano would work well)
- Honey
- Warm water

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You'll also need:

- A roasting tin
- A stick blender
- A large bowl/jug
- A sieve/strainer

Method:

- Preheat your oven to 180°C/Fan
160°C/Gas 4
- Cut any large tomatoes into quarters
- Place all the tomatoes in the roasting tin in an even layer
- Drizzle them with olive oil and sprinkle with salt and pepper to taste
- Add your favourite herbs (a teaspoon or two of dried, or a few sprigs of fresh)
- Put the roasting tin into the oven and roast until the tomatoes have completely softened and begin to release their juices (45-50 minutes)
- Take out of the oven and drizzle the

mixture with honey (this cuts through the bitterness of the tomatoes)

- Transfer the mixture into a large bowl or jug to blend
- Add a little warm water if the mixture is too thick
- The soup can be strained if the skins haven't blended completely

TOP TIP:

Serve warm, with some bread or a sandwich