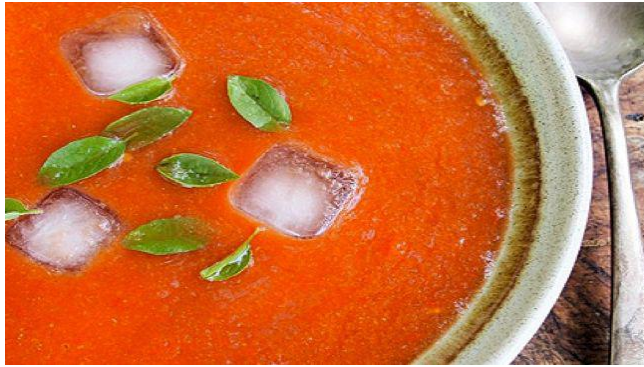


## Roast tomato and garlic soup, 70 calories \*



Prep time: 5 minutes Cook time: 50 minutes Total time: 55 minutes

- 500g (1lb 2ozs) ripe tomatoes, quartered
- 2 red onions, peeled & cut into wedges
- 1 bulb garlic, divided into cloves, peeled
- 1 red pepper, de-seeded & quartered
- low-fat cooking spray
- 600ml (1 pint) hot vegetable stock
- 1 tablespoon Balsamic vinegar
- 1 tablespoon Worcestershire sauce
- salt & black pepper
- fresh basil to garnish

**Step 1** Preheat oven to 220C/400F/Gas Mark 7 and put the tomatoes, onions, garlic and red pepper into a large roasting tin; season with salt and pepper and spray over some low-fat spray. Roast for 45 minutes until the vegetables begin to char at the edges and they are soft.

**Step 2** Remove the vegetables from the oven and allow to cool for a few minutes. then purée all the vegetables in a food processor with the stock, vinegar and Worcester sauce.

**Step 3** Tip the purée into a saucepan and heat through for 3 to 5 minutes before serving with fresh basil leaves scattered over the soup.

**Step 4** This soup is also wonderful chilled, cook as above and allow to go cold, if there is no room in the fridge, serve cold with a few ice cubes in the soup, and the basil leaves as before.