



Spicy Tomato Soup

Ingredients

- 1 small onion
- 1 small carrot
- 1 small potato
- 1 x 200 ml can chopped tomatoes
- 250ml water
- 1 chicken/vegetable stock cube
- $\frac{1}{2}$ tsp chilli powder or flakes
- 1 dessertspoon tomato puree



Equipment

Chopping board, sharp knife, vegetable peeler, can opener, large saucepan, measuring jug, teaspoon, dessertspoon, white spoon, and hand blender/liquidiser

Method

1. Prepare the vegetables:
 - Peel and dice onion
 - Top, tail, peel and grate carrot
 - Peel and dice potato
2. Place all ingredients into saucepan.
3. Bring to the boil and simmer for 15 minutes until the potatoes are soft.
4. Allow to cool before blending until smooth.