

# Tomato Soup:

## Ingredients:

You must use these ingredients in equal quantities, however it is easy to bulk make this recipe by simply equally increasing the amounts of these 4 following base ingredients and following the same method.

- Carrots
- Leeks
- Celery
- Onion

You will also require the following ingredients:

- Garlic puree or powder
- Plain flour
- Butter
- Boiling water
- Chicken or vegetable stock cube
- Ketchup



## Method:

1. Dice all of the vegetables to roughly the same size, ensuring you have roughly the same amount of each vegetable.
2. Sauté the veg in a large pan on medium with a knob of butter, stirring regularly to help avoid sticking to the bottom of the pan.
3. Add roughly 1 tbsp of garlic puree or powder and mix well.
4. Next, add enough flour to soak up the butter, but not so much that the mixture becomes dry because this is when it will stick to the bottom of the pan easily and your soup will be ruined. I find that the best thing to do is stir regularly and add a little flour at a time.
5. Give the flour no more than 5 minutes to cook on a medium heat whilst stirring often.
6. Turn down the heat. Now, squirt in a generous helping of tomato puree and ketchup. About half a tube of tomato puree usually does the job and roughly 6 tbsp of ketchup. Stir the mixture.
7. Make up 1 stock cube worth of stock as stated on the box and add to the pan. Stir in thoroughly then leave to simmer for 20 minutes.
8. Check that the carrot is sufficiently cooked and then blend while hot for the best results.

## Note:

This soup is great eaten fresh or alternatively, you can bulk make it and freeze in separate portions to be enjoyed at a later date. Since it's made of fresh ingredients, the soup may not bind back together straight away when you reheat it after freezing. This is normal so be patient! It will sort itself out as it warms through and you can add a little milk too to make it extra creamy.

Thank you for downloading this recipe from my website!  
I hope you enjoy cooking it as much as I do.