

Mediterranean Roasted Red Pepper and Tomato Soup

This is a quick and easy simple soup and easy to make. This recipe doesn't really require a lot of preparation and the oven and the blender do all the work. It's a great meal if you are in a hurry or you want to cook some food to store in the freezer to use at a later date. Thanks to Cherished By Me (cherishedbyme.com) for the inspiration.



Ingredients

- 2 x Red Peppers
- 2 x Beef Tomatoes
- 4 x Spring Onions
- 2 x Vegetable Stock Cubes
- 4 x Garlic Cloves
- 2 x Red Onions
- Handful of Fresh Basil
- 500ml of Water (more or less depending on how thick you like your soup)
- Good Glug of Balsamic Vinegar
- Good Glug of Olive Oil
- Salt and Pepper

Also Needed

- Roasting Tin
- Chopping Board
- Knife
- Tongs
- Blender
- Sauce pan to warm soup

Method:

- 1 Preheat the oven to 200⁰C
- 2 There's no finesse in this recipe, chop the onions into quarters and place them in the roasting tin. Do the same with the peppers and the tomatoes.
- 3 Place the garlic in the roasting tin and drizzle over olive oil and balsamic vinegar. Season well and place the spring onions in at the end. The end product should look like this below (i used two roasting tins as I couldn't fit one big one in my oven):

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- 4 Place the roasting tin in the oven and cook for 45 minutes or until everything is soft and fully roasted
- 5 Once roasted allow to cool, then place them in a liquidiser along with the basil (you can use stalks as well because it's being blended). Add the vegetable stock cubes and the water and liquidise (see below):



- 6 Place in a saucepan and bring back to the boil, season to taste.
- 7 **I thickened the soup by rubbing some butter in some flour, this not only thickens the soup but gives it a nice shine too.** You can serve this as a chunky soup or just blend it slightly with a hand blender.
- 8 Serve hot with a bread roll or another accompaniment of your choice (you can serve with a swirl of double cream or natural yoghurt for a creamy taste).

