



## Stretewise - The Village Magazine - Recipes

### Tomato and Red Pepper Soup

Contributed by Roger Sinnott

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#### The Ingredients:

300g skinned and de-pipped tomatoes  
(or alternatively a 400g tin of skinned  
tomatoes) 1 large pepper—deseeded  
thinly sliced and chopped 150g onion—sliced  
and chopped

25g butter 1 tablespoon tomato paste

2 tablespoons of chopped parsley

1 teaspoon sugar

2 bay leaves

1/4 teaspoon dried basil

1/4 teaspoon dried thyme

1 litre of chicken stock salt and pepper

#### Method:

Melt the butter in a large saucepan. Gently fry the onion and pepper until soft.

Stir in the remaining ingredients. Bring to the boil and simmer for 30 to 40 minutes.

Remove the bay leaves. Blend the soup in an electric blender.

Return to the pan and reheat. Serve with a sprinkling of chopped parsley.

Additional notes: If your taste is for more pepper then use 1 1/4 peppers rather than just the one. This soup freezes well.

Tomatoes are easily de-skinned by dipping them in boiling water for a minute or so.

