



Summer vegetable soup

Soup makes for a great filling meal over the winter months and is hugely satisfying. Why not make too much to freeze and use at a later date? The great thing about soup is its versatility. Ideal for take to work lunches, a filling lunch on the go, a small main meal, or a great starter, whatever your use, soup pretty much covers it.

Ingredients

- 1/4 onion, sliced
- 1/2 garlic clove, crushed
- 1 tsp extra virgin olive oil
- 250ml vegetable stock
- 1 courgette, sliced
- 100g fresh tomatoes, skinned and chopped
- 1/2 red pepper, diced
- 1/2 green pepper, diced
- 1 tsp pesto



Serves 1

Method



1. Fry the onion and garlic in the olive oil
2. Add the stock, courgette, tomatoes and peppers, then simmer for 25 minutes until cooked (optional: remove several pieces of veg before blending and add back in at the end for a change in texture).
3. Use a hand blender to whizz into a smooth consistency
4. Serve with the pesto swirled on top

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