


Tomato Soup

Classic tomato soup with a twist and a kick.

 TIME TILL READY
20 MINUTES

 SERVES
2

Energy: 987kJ/236kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 1 Tbsp olive oil
- 1 Small onion (chopped)
- 1 Tbsp chopped garlic
- 110g Fresh basil (chopped)
- 1 Can chopped tomatoes.
- 1 or 2 tbsp (depending on how hot you want it) Paprika/Chilli Powder
- 3 Tbsp Lancashire Farm Greek Style Yogurt
- 350ml Milk
- Salt & Pepper

Contains



Method



Step 1

Throw some olive oil into a pan and heat the onions on a low heat for 3-5 minutes, until translucent. Then stir in the garlic and cook for another minute or so.



Step 2

Chop the basil



Step 3

Add the tomatoes and the basil into the pan and bring to a boil.



Step 4

Blend the soup with a food processor and return back to the pan or use a hand blender until smooth. Now add the greek yogurt and the milk.

TIP: If you want it thick only add a little milk.



Step 5

Serve into a bowl with a sprinkle of basil and a dollop of Greek style yogurt.