

Tomato Cream Soup

Ingredients

1 tablespoon cooking oil

75g onion, chopped

2 x 400g cans of chopped tomatoes in rich tomato sauce

250ml vegetable stock*

1 tablespoon tomato puree

1 teaspoon sugar

400ml low protein milk

A pinch of salt and pepper, to taste

*check protein content on the label

Method

1. Heat the oil in a large saucepan and add the chopped onion and tomato puree.
2. Cover and cook over a moderate heat for 2-3 minutes until the onion has softened and lightly browned, stirring occasionally during cooking.
3. Add the chopped tomatoes to the pan and stir in the stock and sugar, bring to the boil, stirring occasionally. Cover the pan, reduce the heat and simmer for 15 minutes
4. Puree the soup through a sieve (or liquidise for 30 seconds) until smooth; return the soup to the pan and stir in the low protein milk and a pinch of salt and pepper.
5. Reheat gently until just boiling and serve with low protein bread rolls.