

Italian Tomato Soup

Ingredients: Serves 8-10 portions

3 x 400g tins chopped tomatoes
1 500g pack of passata
1 courgette, grated
3 garlic cloves, chopped finely
200g orzo (pasta)
2 tbsp green pesto
1 vegetable stock cube in 1 litre of water
1 red onion, finely chopped
2 handfuls of fresh basil, chopped
5 teaspoons sugar
sparse sprinkling of chilli flakes (optional)
2 tbsp olive oil
seasoning to taste

Method:

1. Fry onion and garlic until soft, not brown
2. Add all the other ingredients and bring to the boil
3. Simmer on low and cover with lid
4. Stir occasionally
5. Serve on its own or with a dash of cream

Allergies: Omit Orzo for gluten free. Omit pesto for nut/dairy allergies. If you are vegan, check stock cubes too. Mandy says she uses Knorr Veg Stock Pot which is 'everything free'!

This recipe has been written by Mandy Riley especially for the WI Soup & Sweet Charity Lunch on 31 January 2024. She says you will need a large casserole type pan non-stick (if possible) or a slow cooker to make it in.

