



Country Tomato Soup

serves 6

Ingredients: -

3 tbs - sunflower oil

2 - onions, finely chopped

2 - garlic cloves, crushed

1¼ kg/2½lb - tomatoes, peeled and quartered

1 - bay leaf

1 tsp - dried thyme

900 ml/1½ pints - chicken stock, skimmed of all fat

½ kg/1lb - dried white haricot beans, soaked, cooked and drained

1 tbs - fresh parsley, chopped

Salt and black pepper

Method: -

Heat the oil in a saucepan.

Add the onions and garlic and fry until the onions are soft but not brown.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Stir in the tomatoes, bay leaf, thyme. Add salt and pepper to taste.

Cook gently, stirring occasionally, for 20 minutes or until the mixture is very thick.

Add the stock, bring to the boil and stir well.

Cover and simmer for 15 minutes.

Add the beans and cook for 5 minutes longer.

Turn into a tureen or individual soup bowls and sprinkle with parsley.