



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early March 2021

A tasty lunch

Tomato, pepper and basil soup

Tomatoes and peppers aren't seasonal in the UK at the moment but I love this soup too much to only eat it in the summer. Tomatoes and peppers are both packed with vitamins. This is the perfect recipe to rescue a tasteless tomato, or one that is going a bit soft. All tomatoes are welcome here! The combination of fresh and tinned tomatoes works really well, but if you have no fresh then use 3 tins.

We like this soup with some cheese on toast on the side.



Ingredients

2 red onions (or 3 shallots)
3-4 cloves garlic
4 tomatoes
2 tins tomatoes
1 tbsp tomato puree
1 large pepper (red or yellow)
Small bunch of basil or 1 tsp dried basil
1 tsp bouillon stock powder or ½ a vegetable stock cube
1 tbsp red wine vinegar
Olive oil, salt and pepper

Makes 4-5 generous bowls

You will need a large pot, a chopping board and knife, a wooden spoon and a stick blender if you want a smooth soup.

Method

1. First peel and chop the onions and garlic, If you plan to blend the soup you can keep the chunks fairly large to save time.
2. Heat 1 tbsp olive oil and gently cook the onions for about five minutes. Add the garlic and cook for a further minute.
3. Roughly chop the fresh tomatoes and add to the pan. Deseed and roughly chop the pepper and add it too. Cook on a low heat for about 5 minutes.
4. If using dried basil add it next. If using fresh basil then add the basil stalks to the pan, keep the leaves for later.
5. Add the tinned tomatoes, tomato puree, bouillon powder and the vinegar. Cook for ten minutes on a low heat.
6. Depending on how thick you like your soup you may want to add some water at this stage.
7. Using a stick blender, blend until the soup is smooth. Add the fresh basil leaves (if using) and briefly blend again. Season to taste with salt and pepper.