

# Quick Tomato Soup

## For four servings:

Knob of butter, or dessert-sized spoon coconut oil, or slosh of olive oil,

2 x 400g tins chopped tomatoes,

1 medium onion chopped fairly small,

Couple of cloves of garlic finely chopped,

1 tablespoon sweet paprika,

Chicken broth (add chicken stock cube if need more flavour), or chicken stock cube in pint of water, or vegetable stock cube in pint of water,

Salt and black pepper, 1 teaspoon sugar,

Pinch of dried basil, or parsley, or thyme, or oregano, if wanted,

Small pot of double cream if you want to make it cream of tomato soup,

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Blend the tomatoes until smooth,

Heat a knob of butter (not low-fat spread), or dessert-sized spoon of coconut oil, or slosh of olive oil, in a large saucepan or casserole pot,

Tip in the onion or shallots and sweat for a few minutes until translucent (not brown), add in the chopped garlic and stir for a minute (don't allow the garlic to burn), then stir in the paprika,

Add the blended-up tomatoes and pour in the homemade chicken broth, or if not using homemade broth then crumble in a chicken or vegetable stock cube with a pint of water,

Add salt, pepper, teaspoon of sugar, and the herbs if using them,

Taste, and add anything more if needed – more water if too thick or some flour if too thin, more salt or pepper, sugar, or herbs, or another stock cube if you need more flavour,

THEN EITHER: Blend again until smooth, and warm through, and serve.

OR: If you want cream of tomato soup:

Stir in a small pot of double cream, and heat but don't boil, then blend again until smooth, and warm through,

Perhaps add a swirl of cream of spoon of plain thick yoghurt to each bowl, and serve with rolls, or toast, or flatbread, or ciabatta bread, or croutons, or oat biscuits...