

Courgette & Tomato Soup



Serves 8

Prep 10 mins

Cooking 35 mins

Easy



Ingredients

1 tbsp butter
2 onions, chopped
1kg courgettes, sliced
1kg tomatoes, chopped
2 tbsp plain flour
½ tsp turmeric
2l low-sodium chicken or vegetable stock from cubes
crusty bread, to serve (optional)
salt & pepper

1. Melt the butter in a large pan, add the onions and courgettes, and cook for 5 mins on a medium heat, stirring occasionally.
2. Add the tomatoes and flour. Cook for a couple of mins, stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 mins.
3. Purée with a stick blender, then sieve if you want a really smooth texture. Serve hot with crusty bread, if you like, or chill, then freeze for up to 2 months.