

Speedy Tomato & Basil Soup

Stuck for something to cook for lunch or the tea? Well, this is a very handy number. It's made in literally 10 minutes, and very tasty too.

You'll Need...

1 bunch of Basil (don't use that awful dried stuff)

2 Tins of Tomatoes

1 pint of chicken stock (or vegetable stock)

2 medium sized onions, roughly chopped

A little cream (Optional)

Salt, Freshly Ground Black Pepper

1 teaspoon Sugar

1. Saute the onions in a little light sunflower oil or in olive oil, what ever you've got to hand. The olive oil has a better flavour.
2. Then when they are seethrough, throw in the tins of chopped tomatoes, and the stock. Add the sugar and the Pepper.
3. Bring to the boil, then simmer. Taste and if it needs salt, now add some.
4. Add the Basil, liquidise in the VIKING blender.
5. Return to the pot and add the cream if you're using it.
6. Check the seasoning and serve.
7. Nice to put a drizzle of pesto or basil oil on the top and maybe a few croutons