

LUNCH

Tomato & Basil Soup

INGREDIENTS

- 2 tins chopped tomatoes or 800g chopped fresh tomatoes
- 1 tsp olive oil
- 1 medium onion chopped
- 2 cloves of crushed garlic
- 1 handful of fresh basil leaves
- Salt and pepper to taste

METHOD

- Cook the onions and garlic in the oil for about 1-2 minutes.
- Add the chopped tomatoes. Continue to cook over a medium heat, stirring every few minutes until the tomatoes have broken down and are soft - normally for about 7-10 minutes
- Remove from the heat and add some of the basil and salt and pepper.
- Blitz in a blender
- Serve with some basil leaves on the top



EATING YOUR
WAY THROUGH
THE
MENOPAUSE