

# Tomato & Vegetable Soup with stripy Toast

## Ingredients - Per Table

- 1 large onion ,chopped
- 1 large carrot, grated
- 2 sticks of celery, chopped
- 1 red pepper, deseeded and chopped
- 1 clove garlic, crushed
- 450ml vegetable stock
- 400g Tin chopped Tomato
- 1/2 tbsp tomato puree
- 2 tbsp double cream
- Dash of sugar
- 1 tsp fresh thyme
- 2 slices bread
- 75g cheddar cheese
- 75g red cheese

## Prepare all vegetables-

1. Peel and chop the onion into small pieces, place in sauce pan
2. Wash, then chop red pepper into small chunks, place in saucepan
3. Wash and Slice the celery, place in saucepan
4. Peel then grate the carrot place in saucepan
5. Peel and crush garlic, place in saucepan.
6. Chop thyme and place in saucepan
7. Add 1tbs oil to saucepan
- 8..Sauté on medium heat for 5 mins
9. Add the tinned tomatoes, stock, tomato puree, sugar to the saucepan.
10. Put lid on pan and cook for 15 mins or until vegetables are soft.
11. leave to cool for 10 mins then blend until smooth (wait for an adult to help you with this)
12. using a ladle put some soup into your bowl and swirl in a little cream.

## Stripy toast

1. While soup is cooking preheat the grill and lightly toast the bread on both sides.
2. cut the cheese into about 5mm thick and 2cm wide. Cover the toast with strips of different yellow and red cheese alternating colours.
3. Put the toast back under the grill and cook until the cheese is bubbling.