

Tomato Basil Soup

2	carrots
2	sticks of celery
2	medium onions
2	cloves of garlic
1 Tbsp	olive oil
2	low sodium chicken or vegetable stock cubes
6 cups	water, boiled
2 cans (400 g each)	plum tomatoes
6	large ripe tomatoes
½	bunch of fresh basil
	pepper and salt to taste

1. Peel and roughly slice the carrots. Slice the celery. Peel and roughly chop the onions. Peel and slice the garlic.
2. Put a large pan on a medium heat and add olive oil. Heat pan on medium-heat. Add all your chopped and sliced ingredients and mix together with a wooden spoon.
3. Cook for around 10 to 15 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly golden.
4. Put the stock cubes into a large pot and pour in 6 cups of boiling water from the kettle. Stir until the stock cubes are dissolved.
5. Add to the pot the canned tomatoes and fresh whole tomatoes, including the green stalks that may still be attached to some of them (these give an amazing flavour). Give it a good stir and bring to the boil.
6. Reduce the heat and simmer for 10 minutes with the lid on.
7. **To serve your soup:** Remove the pan from the heat. Season with salt and pepper and add the basil leaves. Using a hand blender or liquidizer, pulse the soup until smooth.

Recipe from: Jamie Oliver