

Tomato Soup

Rowville Primary School
Kitchen Garden Recipe

Ingredients

1 Medium Brown Onion,
1 Medium Carrot,
1 Clove of Garlic,
1 Sprig of Thyme,
1 Bay leaf,
Olive Oil,
1 Jar (700ml) Tomato Passata,
Salt / Sugar.

Equipment

Chopping Board,
Non-slip mat,
Knife,
Peeler,
Medium saucepan,
Wooden Spoon,
Measuring spoons,
Stick Blender .



Method

Peel and dice onion. Peel and dice carrot. Peel and chop garlic.

Heat saucepan with 1 tablespoon of olive oil. Add garlic, onions and carrots, and cook gently to soften without too much colour. Add thyme and bayleaf.

Add passata, then refill the jar with cold water, add that to the soup. Bring to the boil, then turn the heat down and let simmer for 20 minutes. The colour of the soup will lighten as it cooks.

Add ½ teaspoon of salt and 1 teaspoon sugar. Puree and taste the seasoning.