

ROASTED TOMATO & RED PEPPER SOUP

SERVES 4 PREPARATION TIME: 5 minutes

VITA-MIX TIME: 5 minutes COOKING TIME: 20 minutes

IF USING THE 32oz CONTAINER: Halve the quantities.

5 tomatoes, halved

2 red peppers, quartered and
deseeded

1 onion, chopped

1 garlic clove, peeled

2 tbsp olive oil

1 tbsp tomato purée

500ml/17fl oz/2 cups vegetable stock

2 basil sprigs

½ tsp paprika

salt and freshly ground black pepper

1 Preheat the oven to 200°C/400°F/Gas 6. Put the tomatoes, peppers, onion and garlic in a baking dish, and drizzle over the oil. Bake for 20 minutes until tender.

2 Transfer the tomatoes, peppers, onion and garlic to the Vita-Mix machine. Add the tomato purée, stock, basil and paprika, and season. Secure the 2-part lid and select VARIABLE speed 1. Turn the machine on and increase the speed to 10, then to HIGH. Run for about 4–5 minutes or until smooth and steaming. Serve immediately.



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