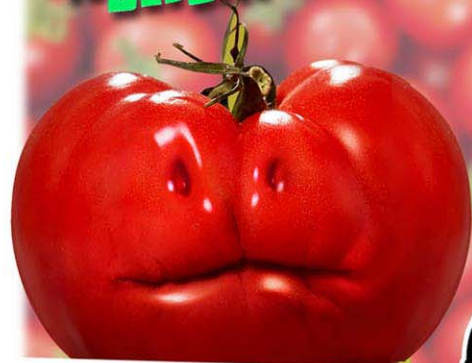


**EAT THEM
TO DEFEAT THEM**



**BRING IT ON
TOMATOES!**



Terrifying tomato & garlic soup with basil pesto



hullfoodpartnership.org.uk/vegpower



HULL

Terrifying tomato & garlic soup with basil pesto

INGREDIENTS

- 700g-1kg Tomatoes of choice – sliced in half
- 1 x Red pepper – roughly chopped
- 2 x Red onions – thinly sliced
- 3 x Garlic Cloves
- 3 x Carrots – roughly chopped
- 3 x Sticks of celery – roughly chopped
- 3 x Whole potato roughly chopped
- 2 x Tbsp fresh or dried herbs (oregano, rosemary or thyme)
- 1 x Can of chopped tomatoes
- Chicken stock

PESTO

- 1 x large bunch of fresh basil
- 1/4 cup x cashews OR walnuts
- 1 x Garlic Clove
- Extra virgin olive oil
- Sea salt & pepper
- 1 x lemon



HULL

Terrifying tomato & garlic soup with basil pesto

METHOD

1. Heat the oven to 180 C.
2. Place the terrifying tomatoes, red peppers and evil onion plus 3 garlic cloves and carrots on a large baking tray, drizzle with 2 tablespoons of olive oil, season with sneezing powder (pepper) to make all these evil veggies sneeze along with stinging salt to weaken them. Plus a choice of your favourite herbs.
3. Place the veggies into the oven and roast for 20-30 minutes, till lightly browning.
4. In a soup pot, add the roasted veggies, celery, potatoes, tin tomatoes and add enough chicken stock so that all the evil veggies are drowning but only just covered.
5. Cook until the veggies are weak and softened and season with salt and pepper to taste.
6. While these veggies are cooking it's time to make the pesto
7. In a mortar and pestle (or a blender) mash, splatter and pound the basil, nuts of choice, salt, pepper, and one garlic clove until a chunky paste is formed..

Continue >>>



HULL

8. Add 4 tablespoons of olive oil and the stinging juice of a lemon to the pesto and mix together.
9. Once the evil veggies are cooked, use a handheld or standing blender to blend and slice and kill all the veggies in the pot till smooth or to your liking.
10. Serve the soup in a bowl with a drizzle of olive oil and a spoonful of pesto atop.



Once again you've defeated the evil veggies, they're no match for you.



HULL