

Vegetable soup with toasted garlic slices

(Serves 4)

Ingredients

- 2tbsps (30g) Margarine- Light Olive spread
- 100g Onions, diced
- 100g Leeks, sliced
- 1 x 400g tin Tomatoes, chopped
- 2 (160g) Tomatoes, medium, chopped
- handful Basil, fresh
- 1/4 tsp Tabasco sauce (optional)
- 1 Stock pot, (knorr vegetable)
- 700mls Water
- 100g Butternut squash, diced
- 100g Carrots, diced
- 100g Swede, diced
- 100g Celery, sliced
- 200g Potatoes, cut into chunks
- 1/4 tsp Black pepper
- 8 Garlic slices, reduced fat

Preparation

1. Peel & prepare vegetables.
2. Heat olive spread in large non-stick pan.
3. Sweat onion & leeks for 5-10 mins until softened.
4. Add tomatoes, basil & tabasco sauce, if used & cook for 2-3 mins.
5. Prepare stock & add with remaining vegetables. Season with black pepper.
6. Bring to boil. Cover & simmer for 20-30 mins or until all vegetables are tender.
7. Whizz soup through blender for a very short time, if prefer a thick, hearty soup with chunks of vegetables.
8. Blend for longer if prefer a smoother soup.
9. Serve with toasted garlic slices (2 per person).

TOP TIP: For extra quickness & ease, whizz your raw, peeled vegetables (onions & leeks would need to be kept separate)) through a processor!

NUTRITIONAL VALUES PER SERVING

Calories 367

Total Sugars 13.59g

Total Fats 7.69g

Saturated Fats 2.48g

Salt 1.98g

Fruit & Veg 3.3