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by Liz Robb

Roast Pepper, Tomato And Sweet Potato Soup

Ingredients

1 sweet potato
Olive oil
1 large red pepper
1 large orange pepper
1 large onion
2 sticks of celery
Butter
1 fat clove of garlic
A small red chilli
400g can of chopped tomatoes
700 ml vegetable stock
Salt and black pepper
Low fat creme fraiche
A few sprigs of basil

Servings
4
Person

Preparation

1. Preheat the oven to 200 degrees, or 180 degrees fan oven. Lightly oil 2 small baking trays.
2. Peel the sweet potato and chop into rough chunks. Heat the baking trays, place the chunks on one of them, drizzle with a little more oil then bake for 30 minutes, turning half way through.
3. Halve and deseed the peppers. Place them on the other tray, drizzle with a little more oil and bake for 30 minutes, at the same time as the sweet potato. Allow to cool and peel off the skin then chop roughly.
4. Peel the onion then finely chop the onion and the celery. Heat a knob of butter and a splash of olive oil in a large saucepan then gently sauté the onion and celery for 5 minutes.
5. Peel the garlic then deseed and finely chop the chilli. Add the crushed garlic and chilli to the onion and celery, stir, and sauté for 2 minutes.
6. Add the roasted sweet potato and peppers to the pan, then stir in the chopped tomatoes and gradually add the vegetable stock. Bring to the boil then simmer, stirring occasionally, for about 15 minutes.
7. Blend to the required texture then season to taste with salt and black pepper.
8. Reheat to serve, then garnish with a spoonful of crème fraiche and a little finely chopped basil.

Cooks Note

This healthy soup has a deep flavour, tangy and sweet with just a hint of heat, and a rich vibrant colour.

This recipe makes a soup that is fairly thick; to alter the consistency, just add a little more stock after blending.