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by Liz Robb

This simple Spanish inspired soup, made with fresh ripe vine tomatoes and

courgettes, is light and summery but absolutely full of flavour.

Ingredients

6 large ripe vine tomatoes
2 onions
1 stick of celery
1 large red chilli
2 cloves of garlic
3-4 courgettes [about 700g]
15g butter
1 tablespoon of olive oil
1 heaped tablespoon of tomato puree
1 teaspoon of paprika
1.4 litres of good chicken stock
Salt and black pepper
Low fat creme fraiche
A handful of fresh parsley

Servings
6
Person

Preparation

- 1 Score the tomatoes, cover briefly with boiling water, drain and then peel off the skins and roughly chop the flesh.
 - 2 Prepare the vegetables; Peel and chop the onions, finely slice the celery, peel and finely chop the garlic, deseed and chop the chilli and then wipe, quarter lengthways and chop the courgettes.
 - 3 Melt the butter with the olive oil in a large saucepan and saute the onion over a low heat for 3 minutes until soft. Add the prepared celery, garlic and chilli and cook gently for a further 2-3 minutes.
 - 4 Add the chopped vine tomatoes, turn the heat down very low and saute with a lid on the pan, stirring occasionally, for 15-20 minutes.
 - 5 Put in the chopped courgette and cook gently for another 10 minutes.
 - 6 Stir in the tomato puree and the paprika, add the hot chicken stock and simmer gently for a further 20 minutes.
 - 7 Blend the soup until smooth and, just before serving, stir in well 3 heaped tablespoons of low fat creme fraiche. Garnish with finely chopped parsley and top each bowl with an extra dollop of creme fraiche.
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