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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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