

Posted on 30 April 2019

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.