








Beckett's Farm

STARTERS

Tomato Soup



Method

-  2 onions peeled and chopped
-  1 carrot finely sliced
-  1 garlic clove peeled and crushed
-  2 tbsps rapeseed oil
-  450 gms fresh ripe tomatoes halved
- 1 litre vegetable stock
-  Salt and pepper
-  4 slices thick granary bread

1. Heat oil in a large saucepan and add the onions, carrots and garlic. Cover and cook for 10 minutes until soft
2. Score the bottom of the tomatoes with a sharp knife and place in boiling water for 2 minutes. Transfer to a bowl of cold water and remove the skins
3. Chop tomatoes and push through a sieve into the pan, to remove the pips
4. Season ingredients with salt and pepper, stir and cook for a further 5 minutes
5. Add the stock, bring to the boil and simmer for 10 minutes. Liquidise until smooth
6. Serve soup with crusty granary bread

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

