

Creamy Tomato Soup



Ingredients serves 2

- 1 tablespoon of Olive oil.
- 1 tablespoon of Unsalted Butter.
- ½ an Onion
- 1 Tablespoon of Garlic
- ½ Teaspoon of Salt
- Sprinkle of Pepper.
- 1 Tablespoon of Flour.
- 2 Cups of Vegetable Stock.
- ½ Can of Peeled Tomatoes with juice.
- 1 Oz of Tomato Puree.
- ½ Teaspoon of sugar.

Method

1. Add the olive oil and butter to a pan on medium heat.
2. Add the onion and garlic and cook for 2-3 minutes or until translucent.
3. Add in the salt and pepper and flour and whisk well until the flour is cooked for roughly 30 seconds and fully incorporated.
4. Add in the broth slowly while whisking.
5. Add in the tomatoes, tomato paste and sugar.
6. Lower the heat to low and let cook for 20 minutes.
7. Using a blender, blend until completely smooth.

