

FRESH TOMATO AND RED CAPSICUM SOUP

2 Red Capsicums
1 tbsp Olive Oil
1 Onion, chopped
2 tsp Garlic, chopped
800g diced Tomatoes

Stock
Salt and freshly ground Black Pepper
2 tbsp diced roasted Capsicum, extra
1 tbsp Basil, shredded
1 tbsp Parsley, chopped

1. Roast the peppers in a very hot oven until the skin is black and then skin and core.
2. Roughly chop them. Heat the oil in a large heavy pot and add the onion and the garlic.
3. Cook until the onion is softened but not coloured.
4. Add the tomatoes to the pot and cook for three or four minutes.
5. Add the capsicums and cook two minutes longer.
6. Add enough stock to just cover the vegetables, bring to the boil, lower the heat and simmer for ten minutes.
7. Season well. Serve scattered with capsicum dice and the herbs.