

Mediterranean Tomato Soup

Serves 4

Preparation time: Approx 30 mins

Ingredients:

1 jar Seriously Good Tomato, Black Olive & Mixed Herb sauce
500g cherry tomatoes
2 garlic cloves, peeled and finely sliced
Small bunch of basil, leaves picked and stalks chopped (and kept separate to the leaves)
1 tsp sugar
4 tbsp olive oil
Sea salt, freshly ground black pepper
1 onion, peeled and finely chopped
30g capers, rinsed and drained



Method:

- 1 Heat 2 tablespoons of olive oil in a large pan, add the sliced garlic, basil, sugar, salt and pepper, and half of the finely chopped onion. Sweat down until golden brown then add the cherry tomatoes and mix well until soft and an attractive glazed colour is achieved.
- 2 In another large pan, heat 2 tablespoon of olive oil. Add the other half of the onion and basil stalks and fry for 4-5 minutes until the onion has softened. Pour the Seriously Good Tomato, Black Olive & Mixed Herb sauce into the pan, then fill the jar with water and add this to the pan also. Stir well, bring to the boil and then leave to simmer for 15 minutes.
- 3 Mix the contents of both pans together. Blend the soup until smooth and season to taste.
- 4 For an extra special finish heat a tablespoon of oil in a frying pan, add the drained capers and fry for 2-3 minute until crisp. Scatter the capers over the soup along with a drizzle of olive oil just before serving.

Tip: Best eaten immediately, served with chunks of fresh rustic bread, but if making for a lunch box, can be made the night before. Keep chilled overnight, transport carefully in a leak proof container/flask!

Autumnal Tip:

For added taste, try dicing 1 large aubergine and 2 courgettes and adding them to the pan when you sweat down the garlic and basil.

These Seriously Good Sauces are for a Seriously Good cause.

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