

## Spicy Tomato Soup

### Ingredients:

- 3 extra-large tomatoes
- 1 large red onion
- 4 cloves of garlic
- Drizzle of balsamic vinegar
- 2 tsp chilli flakes (or more if you like it extra spicy)
- 3 tbsp olive oil
- 1 tbsp sugar
- 2 tsp smoked paprika
- Vegetable stock cube

### Equipment:

- Saucepan
- Baking Tray
- Hand Blender / Masher

### Method:

Preheat your oven to 200°C or Gas Mark 6

Remove the tomato stems

Chop the tomatoes into chunks

Peel the onion and thinly slice

Peel and chop the garlic into small pieces

Add the tomatoes to the saucepan until they begin to soften

Next, add the onions, olive oil and garlic – cook over the hob until the mixture becomes soft and sticky. Keep stirring whilst on the hob to ensure it doesn't stick to the bottom of the pan.

Add balsamic vinegar, sugar, chilli flakes and smoked paprika.

Stir everything together for 5 minutes.

At this stage, you can either place your saucepan straight into the oven, or pour the mixture into a baking tray and place that into the oven.

Put into the oven for 12 minutes, take out and give it a stir. At this point, taste the mixture and add more chilli flakes or sugar as needed.

Return to the oven for a further 12 minutes.

Dissolve the vegetable stock cube in 100ml of boiling water.

When ready, take out of the oven and return to the hob

Add the stock, stir and cook for a further 5 minutes.

Do a final taste and add salt, pepper, chilli flakes as needed

Turn off the hob.

Use hand blender or masher to create a smooth texture.

Enjoy!