Lunch

Smooth Roasted Vegetable Soup

Onions, peppers, courgettes and tomatoes are roasted until bronzed at the edges, then blended with herbed stock into a silky, warming soup.

45 min	63	9.5 g	7.8 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 6 servings

- [ ] 1 red onion
- [ ] 1 white onion
- [ ] 1 red pepper
- [ ] 2 yellow/orange peppers
- [ ] 2 large or 4 small courgettes
- [ ] 2 tomatoes
- [ ] pinch dry, mixed herbs
- [ ] 1 heaped tsp nutritional yeast
- [ ] spray oil (optional)
- [ ] 1 low-salt stock cube (optional)
- [ ] 500 ml boiling water

Method

- [ ] **1** Preheat the oven to 180°C (160°C fan), 350°F, gas 4.
- [ ] **2** Chop the red onion, white onion, red pepper, yellow or orange peppers, courgettes and tomatoes into chunks.
- [ ] **3** Scatter the dry mixed herbs and nutritional yeast over the chopped vegetables, then spray with spray oil if using.
- [ ] **4** Roast in the middle of the oven for 25 to 30 minutes until the vegetables are bronzed and browned at the edges.
- [ ] **5** Meanwhile, stir the low-salt stock cube into the boiling water until dissolved.
- [ ] **6** Tip the roasted vegetables into a blender, add the stock and blitz until smooth.
- [ ] **7** Pour the soup into a pan and keep it warm, check the seasoning and serve.

Nutrition Facts

Per serving

Calories	**63**
Total fat	0.8 g
Saturated fat	0.1 g
Sodium	Not listed
Total carbs	9.5 g
Fiber	3.7 g
Total sugars	7.8 g
Protein	2.5 g

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