

Roast vegetable oven soup

Ingredients

4 tomatoes
1 courgette
1 red onion, peeled
4 mushrooms
1 red pepper, deseeded
1 clove garlic
1x10ml spoon oil
500ml water
1x 5ml spoon stock powder (or 1 cube)

Safety!

Ask an adult to:

- turn the oven on;
- help you cut the vegetables;
- put food in the oven and take it out, using the oven gloves.

Equipment

Chopping board, knife, garlic press, oven proof dish, oven gloves, spoon, measuring jug, blender, saucepan or microwave.

Method

1. Preheat oven to 200°C or gas 6.
2. Prepare the vegetables:
 - halve the tomatoes;
 - cut the courgettes into large chunks;
 - quarter the onion;
 - halve the mushrooms;
 - cut the pepper into large strips;
 - peel and crush the garlic.
3. Pop the vegetables into the dish, along with the garlic.
4. Pour the oil over the vegetables, then mix everything together.
5. Roast in the oven for 30-40 minutes.
6. Remove from the oven - allow to cool slightly.
7. Boil some water in the kettle and pour 500ml into the measuring jug. Add the stock cube or powder and stir.
8. Put the vegetables, along with stock, into the blender - whizz until smooth (you may need to do this in 2 batches).
9. Reheat in a saucepan, or microwave, when you feel like having some soup!

Serves 4

Suggestions

You could sprinkle some parmesan over the soup before you serve it or perhaps add a small spoon of low fat fromage frais.

If you do not have all the vegetables in the recipe, add more of the ones you do have.

Why not make some fresh bread rolls to go with your soup? (Have a look at the Bread recipe.)

Why not save some of your soup for another day? You can pop it in the freezer.