



TOMATO SOUP

INGREDIENTS

- 1 rasher of bacon
- 1 tin of tomatoes
- 1 carrot
- 1 small onion
- 2 tbsps oil
- 300 ml water
- 1 chicken stock cube
- salt, pepper, sugar,
- nutmeg (1 pinch of each)
- 1 tbsp flour

UTENSILS

- 1 cooks knife
- 1 chopping board
- 1 potato peeler
- 1 saucepan and lid
- 1 wooden spoon
- 1 pair of kitchen scissors



METHOD

1. Open the tin of tomatoes carefully.
2. Cut the bacon into small pieces using the scissors.
3. Peel and chop the onion onto the chopping board using the cooks knife.
4. Peel the carrot and cut into dice.
5. Heat the oil in the saucepan, add the bacon onion and carrot, fry gently stirring with the wooden spoon.
6. Add the flour, tomatoes, water, stock cube salt, pepper, sugar and nutmeg. Stir the mixture until it boils.
7. Turn the heat down and simmer for 15 mins.
8. Test to see if the carrot is soft (use the cooks knife).
9. Liquidise the soup until smooth.
10. Taste for seasoning before serving.

