

Spicy pepper & tomato soup with cucumber yogurt

Serves 4 Prep 15 mins Cook 25-30 mins

2 tabs	olive oil, plus extra to serve
2	onions, finely sliced
1	carrot, finely chopped
3	red peppers, roughly chopped
3	garlic cloves, sliced
1	red chilli, sliced
400g can	chopped tomatoes
850ml	veg stock or bouillon
4 tabs	Greek-style yogurt
1/2	cucumber, deseeded, coarsely grated and squeezed of excess water
A few	mint leaves, chopped

1 Heat the oil in a large saucepan. Tip in the onions, carrot and peppers. Cook gently for 15 mins, to soften. Add the garlic and chilli, and cook for a few mins more. Pour over the chopped tomatoes and 800ml of the stock. Bring to the boil and simmer for 10-15 mins until the veg is completely tender.

2 Meanwhile, mix the yogurt, cucumber and mint in a bowl, and season.

3 Blitz the soup with a hand blender until smooth, using the extra stock to thin if it has become too thick. Heat through, season and spoon into bowls. Serve with a dollop of the yogurt mixture on top and a drizzle of olive oil.

Per serving
221 kcals,
protein 7g
carbs 22g
fat 11g
sat fat 4g
fibre 7g
sugar 19g
salt 0.8g

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