

## Vegan Tomato Basil Soup

### Ingredients:

- 1 teaspoon olive oil
- 1 medium onion chopped \*
- 3 large garlic cloves chopped finely \*
- 4 cups of chopped fresh tomatos\*
- 1 handful of sweet basil\*
- 2 teaspoons salt
- 1 teaspoon pepper

### Method:

1. Heat a pan over medium heat and add the oil or a couple tablespoons of water.
2. When hot add the onions and garlic and cook for a couple of minutes until just starting to turn golden.
3. Add the chopped tomatos. Continue to cook over a medium heat, stirring every few minutes until the tomatos have broken down and are soft.
4. Remove from the heat and add basil and salt and pepper then blitz in a blender or with a stick immersion blender until smooth
5. Serve immediately

Source: *A Virtual Vegan*

<https://avirtualvegan.com/easy-tomato-basil-soup/>

Onions: Victoria Park

Garlic: Victoria Park

Basil: Orlebar Park