



Rutland, Steady, Cook!

Rutland Cookery School's Roast Tomato & Sweet Potato Soup

Ingredients

100g Sweet Potato, peeled & cut into large chunks
50g Onion, peeled & cut into large dice
2 large, ripe Tomatoes (220g approx)
1 small Clove of Garlic
30g (2tbsp) olive oil
175g Water or light Vegetable Stock
Sea Salt & freshly milled Black Pepper

Method

1. Place the vegetables into a small roasting dish, season lightly and pour over the olive oil.
2. Roast in a pre-heated oven 180°C for 30 minutes or until the vegetables are soft and slightly caramelised.
3. Blend until smooth with the water or vegetable stock
4. Pass through a sieve to remove tomato seeds & adjust seasoning to taste
5. Serve with basil pesto

Don't forget to share your own
Rutland Cookery School's
Roast Tomato & Sweet Potato
Soup image on Facebook using
#RutlandSteadyCook

Thank you to:

Rutland Cookery School, Ashwell

