

Mediterranean tomato soup



BODY SHAPE
PERFORMANCE

1 tsp ghee / coconut oil
1 large white onion, finely chopped
1 stick celery, sliced
1 handful fresh basil stalks and leaves
4 garlic cloves, finely chopped
1 red chilli pepper, chopped
800g fresh ripe tomatoes, stalks removed
1 medium sized butternut squash, peeled, seeds removed and diced
300ml hot vegetable stock
salt and pepper to season
300ml boiled water

SERVES 3

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring.

Add the celery and sauté for 2 minutes, stirring. Add the basil and gently fry for 1 minute, stirring.

Add the garlic and chilli, and sauté for 2-3 minutes, stirring. Add the tomatoes and cook for 4-5 minutes, until soft.

Add the butternut squash and a splash of the stock. Cook for 5 minutes, stirring occasionally. Add the remaining stock, salt and pepper and boiled water. Cover and cook for 30 minutes.

Add more water or stock if required to achieve the desired thickness. Cook for a further 10 minutes. Mash or purée the soup to achieve desired consistency.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
163 Calories
29g Carbs
5g Protein
3g Fat