

Nibbly Pig

Spicy tomato soup

Ingredients (serves 2)

½ tablespoon olive oil
1 small onion, chopped
1 clove of garlic, finely chopped
½ chilli, deseeded and finely chopped
1 teaspoon paprika
2 tablespoons tomato puree
200ml chicken or vegetable stock (use 350ml of stock if using squash)
1 x 400g tin chopped tomatoes (or fresh tomatoes) or 400g squash, peeled and chopped
1 x 400g tin of chickpeas, drained and rinsed
Salt and pepper

Method

Gently heat the oil in a saucepan. Add the chopped onion and sauté for 4-6 minutes until soft and translucent.

Add the garlic, chilli and paprika to the pan, stir and cook for another minute.

Pour in the tin of tomatoes, stock, tomato puree and half of the chickpeas, simmer for 10 minutes.

If you are using squash instead of tomatoes, add the chunks to the pan and cook for 20 minutes or, until soft.

Whizz the mix with a hand blender until smooth. Add more stock depending on how you prefer your soup consistency.

Add the remainder of the chickpeas and season. Simmer for another 10 minutes and serve.

