

School 'Allotment' Soup

2 onions, chopped
2 sticks celery, chopped
2 tablespoons olive oil
2 garlic cloves, crushed
3 large courgettes, diced
5 tomatoes, chopped
200ml passata or chopped tinned tomatoes
1 litre veg stock

Fry the onion and celery gently in oil for 8 minutes, until soft but not coloured. Add the garlic. Fry for 2 minutes. Add the courgette and fry for 3 minutes. Add the tomatoes, passata and stock and season. Bring to the boil, then simmer for 10 minutes. Blitz in a food processor. Serve with crusty bread or top with croutons.

