



COME ON

LET'S
DO
THIS

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions
fruit & veg
per serving

2

Creamy tomato soup

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 10 mins | cook 10 mins

Creamy tomato soup

Pack in veggies to a family favourite: hidden red peppers, carrot and red lentils give this hearty soup a **healthy boost**.

Ingredients

- 1 tsp rapeseed oil
- 1 onion (80g), roughly chopped
- 1 carrot (80g) roughly chopped
- 1 x 400g tin tomatoes
- 1 tbsp tomato puree
- 1 low salt vegetable stock cube dissolved in 600 ml water
- 3 tbsp 0% fat Greek style yoghurt.

Healthy boost ingredients

- 1–2 red peppers, (160g) roughly chopped
- 80g red lentils.

Top tips

- Try adding ½ tsp dried basil along with the tomato puree.

Method

1. Add oil to a pan then add the onion and carrot and cook gently for 5 minutes, stirring regularly
2. Add the peppers, tomatoes, puree, lentils and vegetable stock, stir and bring the soup to the boil, turn down the heat and simmer for 15 minutes until the lentils are soft
3. Remove from the heat, stir in the yoghurt and blend until smooth
4. Serve with freshly ground black pepper.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
136	1.5g	0.3g	8.8g	0.1g
7%	2%	2%	10%	2%

% = an adult's reference intake

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