

We can't get enough of this recipe. It is especially great for using up leftover courgettes and peppers. Enjoy. **Each portion provided at least 2 of your 5-a-day**

Mediterranean Soup		
Serves 4		Skill Level – Easy
		Preparation and cooking Time – around 30 minutes
Metric/household	Imperial	Ingredients
1		Onion, finely chopped
1 clove		Garlic, crushed
1 tablespoon		Olive oil
1		Whole pepper, (red or yellow) diced
2		Courgettes, diced
1 teaspoon		Paprika
1 teaspoon		Fresh rosemary, chopped
1 teaspoon		Balsamic vinegar
400g/1 can		Chopped or pureed tomatoes
1 litre		Vegetable stock
1 tablespoon		Tomato paste
1 teaspoon		Freshly chopped parsley (optional)
		Freshly ground pepper
<ol style="list-style-type: none"> 1. Heat the oil in a pan and gently cook the onion and garlic for 5 minutes without colouring. 2. Add the peppers, courgettes, paprika, rosemary and cook for a few minutes. 3. Add the balsamic vinegar, after 2 minutes add the tomatoes and stock and bring to the boil. 4. Gently simmer until the vegetables are cooked through. 5. Stir in the tomato paste and parsley. 6. Season with fresh ground pepper and serve. 		
Serve with chunks of wholegrain bread		
Cooks tip – puree the tinned tomatoes for a more refined soup		

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