

NUTRITION: Lazza's Kitchen

Homemade Tomato Soup

**Lazza is enjoying his experimental cooking
Today, he is having a go at Tomato Soup**

The first published tomato soup is mentioned by Eliza Leslie in her 1857 publication "New Cookery Book". Campbell's recipe for condensed tomato soup in 1897 further increased its popularity. Heinz Cream of Tomato soup first went on sale in the U.K. at Fortnum & Mason in 1910



- 2 tbsp. olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 tbsp. tomato purée
- 400g can chopped tomato
- basil
- Pinch bicarbonate of soda
- 600ml milk
- I also added a chopped red pepper to taste

- Heat the olive oil in a large pan, then tip in the onion and garlic.
- Cook over a moderate heat until the onion has softened, about 5 mins.
- Stir in the tomato purée, then pour in the chopped tomatoes and basil, and bring up to the boil.
- Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour
- Spoon the baking soda into a small bowl and pour over 1 tbsp. or so of the milk.
- Mix together until there are no lumps.
- Then tip into the tomato mix and pour over the milk.
- Bring up to a boil (the mixture may froth, but don't worry – it will go away).
- Gently simmer for about 5 mins until ready to serve



**For some reason I was nervous
about this one.**

**But nothing to worry about.
It tastes delicious.**

I had some pitta with mine.

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked Tomato Soup.**