

Tomato Soup

Ingredients:

25g butter or margarine
1 Kg (approx) red tomatoes
1 Onion
1 Potato
50g lean ham (optional)
.75 L ham stock (stock cubes)
Pinch of bicarbonate of soda
2 tbsp sugar
Salt & pepper
35g corn flour (blended in a little milk)
Bay leaf (optional)

Method:

1. Slice tomatoes, ham, onion and potato, put in pan with butter and seasoning and sauté for 10 mins.
2. Add stock, bicarbonate of soda and sugar.
3. Simmer until tender.
4. Rub through sieve with wooded spoon, until all the liquid is through.
5. Add corn flour blended with a little milk.
6. Tomato puree may be added if richer colour is desired.