

# JOES TOMATO BASIL AND COURGETTE SOUP

Serves: 6

## Ingredients

2 tablespoons Oil  
½ Chopped Courgette plus ½ red sliced red onion  
2-3 Ripe Tomatoes  
2 (400g) tins chopped tomatoes  
400ml chicken or vegetable stock  
18 leaves fresh basil

## Method

Heat a pot with small bit of oil, add vegetables cook for 4-5 minutes  
Add tomatoes (chop them up roughly) and cook for another minute  
Add the tinned tomatoe and stock ( water is fine) and bring to the boil and let simmer for 20 minutes  
Add the basil, blend, check seasoning and serve