

Less than 30 minutes

Serves 4-6

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 2 onions, chopped
- 4 cloves garlic
- 8 sprigs thyme
- 4 sprigs origanum
- 1 packet (50g) tomato paste
- 1 Tbsp (15ml) brown sugar
- 2 tsp (10ml) soy sauce
- 6 salad tomatoes, grated
- 2 cans (400g each) Italian-style chopped tomatoes
- 1 cup (250ml) beef or vegetable stock
- Salt and milled pepper

Toasties:

- ½ cup (125g) butter, softened
- 2 Tbsp (30ml) each chopped fresh chives and parsley
- 1 clove garlic, grated
- 3 anchovy fillets, minced
- 1 Tbsp (15ml) capers, finely chopped
- 1 Tbsp (15ml) wholegrain mustard
- 8 slices sourdough or rye bread, cut into soldiers and toasted

Method:

1. Heat olive oil in a pot and sauté onion until soft and golden.
2. Add garlic and herbs and fry for a minute until fragrant.
3. Add tomato paste, sugar and soy sauce, and cook for about 1-2 minutes or until sticky.

4. Stir through grated tomato and cook for another minute.
5. Tip in canned tomatoes and stock. Season.
6. Simmer for 10-12 minutes.
7. Blitz soup to desired consistency and adjust seasoning.
8. For toasties, combine butter, herbs, garlic, anchovies, capers and mustard.
9. Spread toasted soldiers with flavoured butter and serve with hot soup.