

ADAM GRAY

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Adam's Detox Fat Burning Soup

Ingredients:

8 Red peppers
1 Large onion
2 Red chillies
8 Plum tomatoes
100 ML Rapeseed oil
1.5 Litres vegetable stock
Salt
Pepper



Method:

- De-seeded the red peppers and roughly cut into 2cm sized pieces.
- Peel the onion and roughly cut into 2cm sized pieces.
- Finely slice the red chillies
- Cut the plum tomatoes into rough 2cm pieces.
- Heat a large thick bottomed sauce pan to a medium heat.
- Add the rapeseed oil.
- Add the diced onions and sliced chillies to the pan and cook with no colour for 5 minutes, stirring with a spatula until the onions and chillies start to soften.
- Add the diced red peppers and continue to cook for a further 5 minutes, stirring occasionally.
- Add the roughly cut plum tomatoes and continue to cook until the tomatoes start to soften.
- Add the vegetable stock and bring to the boil.
- Simmer the soup gently for 15 minutes and then season with salt and pepper.
- The soup can now either be served chunky and blitzed in a liquidiser until smooth.

To Serve:

Serve the soup hot in the winter or chilled in the summer with a little herb oil.