



Tomato and Bacon Bonanza Soup

(makes 4 servings)

I have been making this soup since I was a 'teen learning to cook', it has always been a staple in my household, kids love it (particularly when you blitz it in a blender) and I have lost count of the number of people who, having tasted it, have demanded the recipe! It's quick, it's filling, it offers a nicely-balanced combination of protein, fats and carbohydrates and to make a delicious weekday meal, I simply serve it alongside sourdough bread topped with grated Swiss cheese and toasted and a lightly-dressed, grated courgette, carrot and apple salad - works every time!

Ingredients

1 tablespoon good olive oil
1 medium onion, peeled and finely chopped
8 rashers smoked lean bacon, chopped into bite-sized chunks
1 dessertspoon cornflour
1 x 400g tin chopped tomatoes
1 teaspoon sugar
Sea salt and freshly ground black pepper
250mls good quality chicken stock
250mls full-cream milk

Method

Warm the oil in a soup pot and gently sauté the onion until translucent and very soft.

Increase the heat slightly, add the bacon and continue to sauté for a few minutes, stirring all the time until the edges of both the onion and the bacon are slightly caramelised.

Reduce the heat again, stir in the cornflour and cook for another 5 minutes then add the tinned tomatoes, sugar (hey it's only one teaspoon between 4!), a good pinch of salt and at least 5 good grindings of black pepper and continue to cook on a low heat for 5-6 minutes.

Add the stock, stir well, increase the heat, bring the soup to just boiling then reduce the heat to a very low setting.

After about 5 minutes, add the milk and keep stirring until the soup is hot and ready to serve (don't let it boil or the milk will curdle).