



## Roasted Vegetable Soup with Pesto Yoghurt

(makes 4 servings)

*Most of us have lost count of the number of times we find a bunch of vegetables sitting in the bottom drawer of the fridge which are looking slightly sad and a bit wrinkly around the edges but the good news is that they are just perfect for a roasted vegetable soup! Those listed below are the ones most commonly found in my fridge but you can roast just about any vegetable (including cucumber!) The soup is unlikely to taste the same twice but you do tend to feel rather smug when you sup your 'cheap as chips' soup and know there's no waste!*

### Ingredients

5 tablespoons light olive oil  
3 teaspoons sea salt  
Freshly ground black pepper  
1 large onion (white or red), peeled and sliced widthways into ½ inch discs  
1 large red pepper, core and seeds removed and sliced widthways into ½ inch circles  
½ large or 1 small aubergine wiped and sliced into ½ inch discs  
3 large tomatoes, halved  
4 little gem lettuce, rinsed and each cut lengthwise into 4 'boats' (merely trim the base so they hold together)  
2 garlic cloves, peeled and crushed  
1 x 400g tin peeled tomatoes, drained but keep the liquid aside  
500ml chicken or vegetable stock  
Basil or rocket pesto (bought is fine)  
Natural yoghurt

### Method

Heat the grill to high and place a large baking sheet on the middle shelf.

Pour the olive oil into a large mixing bowl, add the salt and plenty of pepper, stir well, add the vegetables and give them all a good coating.

Place the onion discs on the baking tray and grill, carefully turning every now and then with a fish slice until they are cooked through and nicely caramelised around the edges then transfer to a soup pot.

Repeat the process with the peppers, aubergine, tomatoes (remove the skins after grilling if you wish) and lettuce.

Once all the roasted vegetables are in the soup pot, add the garlic and sauté everything very gently over a low heat for 5 minutes.

Add the tinned tomatoes and the stock and continue to simmer until the soup is bubbling away nicely.

Transfer to a food processor or liquidiser and blitz until everything is well-blended but still slightly chunky then return to a clean pot **or** use a hand blender and blitz in the pot.

Reheat gently until piping hot before serving with a generous teaspoon of pesto swirled in and a good dollop of yoghurt on top.

**Other possible toppings:** nuts, seeds, harissa, chilli jam