



2

SERVES/MAKES



COOKING TIME:  
< 30 min



COOKING STYLE:  
Stove

## LANCEWOOD® CREAMY ROASTED TOMATO & RED PEPPER SOUP

### INGREDIENTS:

4 – 6 tomatoes, quartered  
1 red pepper, sliced  
1 small onion, sliced  
2 – 3 garlic cloves, sliced  
45 ml oil  
15 ml rosemary, fresh or dried  
Salt & freshly ground black pepper to taste  
125 ml **LANCEWOOD® Sour Cream**  
5 ml dried chilli

### To serve:

Croutons & fresh rosemary

### METHOD:

Preheat the oven to 200°C. Place the tomatoes, red pepper, onion and garlic on a roasting tray. Sprinkle with oil, rosemary and seasoning and roast for 20 – 25 minutes. Place roasted vegetables in a blender and add the **LANCEWOOD® Sour Cream** and chilli. Blend until smooth and creamy.

Serve in soup bowls with croutons and garnish with rosemary.

### PRODUCTS USED:



Sour Cream

**ENJOY!**