



Tomato, Red Pepper and Sweet Potato Soup

Store, carry and consume with the Kilner® Soup Jar Set.

Ingredients

- 1 large sweet potato, peeled and cubed
- 4 pointed red peppers, roughly chopped
- 2 red onions, roughly chopped
- 300g peeled tomatoes
- 3 garlic cloves
- 1 red chilli, deseeded
- 4 tbsp olive oil
- 800ml fresh vegetable stock
- 1 tsp sweet smoked paprika
- Serve with crusty bread



Method

1. Preheat the oven to 200°C, gas mark 6. Put the sweet potato in a large roasting tin with the peppers, red onions, tomatoes, whole garlic cloves and chilli; season and toss with the olive oil. Roast for 30 minutes.
2. Transfer the contents of the tin to a large pan with the vegetable stock and bring to the boil, then reduce the heat and simmer for 5 minutes until the sweet potato is cooked through. Add the smoked paprika and season. Use a stick or jug blender to whizz until smooth.
3. Once cooled, ladle the soup into the Kilner® Soup Jar Set to consume once at work or on-the-go.
4. Store the rest of the soup in a Kilner® Fresh Storage container which you can then freeze or heat up as and when required.