

TOMATO AND THYME SOUP



GROWING THE FUTURE
TYFU'R DYFODOL

This soup will add a splash of colour to your day. No kitchen should be without the heady, aromatic flavour of thyme, and the flavour of it in this dish gives the tomato a wonderful fresh lift.

Ingredients:

- 2kg large ripe plum tomatoes, halved
- 1 garlic bulb, cut in half horizontally
- 2 large onions, peeled, quartered
- few sprigs fresh thyme
- 1 tbsp golden caster sugar
- 2 tbsp extra virgin olive oil

Method:

1. Place the tomatoes, garlic, onions and thyme into a large roasting tin and season to taste with salt and freshly ground black pepper. Drizzle with the oil, and roast in the oven for 40-50 minutes. Remove from the oven and set aside to cool slightly.
2. Mash the garlic and discard the skin. Tip the roasted tomatoes and onions into a food processor along with the mashed garlic, and pulse until smooth.
3. If the soup is too thick, pour into a large saucepan and loosen the mixture with either vegetable stock or single cream. Add a little Worcestershire sauce or balsamic vinegar if you like.

GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper – we want to help provide training, information and support to you. For more information on the project's events and courses, please visit botanicgarden.wales/science/growing-the-future.

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