

# What Katie ate...

## SPICY TOMATO, LENTIL, BEAN + CRUNCHY TORTILLA SOUP

### FOR THE SOUP

18 plum tomatoes, halved  
pinch white sugar  
6 cloves garlic, skin on  
1 small brown onion, peeled + chopped  
6 scallions, trimmed and thinly sliced  
1 leek, thinly sliced  
2 sticks celery, thinly sliced  
Handful celery leaves, roughly chopped  
Handful fresh basil + coriander leaves  
1lt free-range chicken or veg stock  
1 long red chilli, sliced, seeds removed  
1 tsp good quality chipotle paste  
1 tsp smoked paprika  
Juice 1/2 lemon  
1 x 400g can red kidney beans  
1 x 400g can black eye beans  
1 x 400g can cannellini beans  
1 x 400g can chickpeas  
Good quality olive oil  
Maldon sea salt flakes  
Freshly ground black pepper

### YOU WILL ALSO NEED

4 flour tortillas  
Olive oil spray  
Sour cream  
Extra fresh coriander to garnish  
Chilli oil (optional)

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**SERVES 4**

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## SPICY TOMATO, LENTIL, BEAN + CRUNCHY TORTILLA SOUP

Preheat oven to 140°C/284°F.

Place tomato halves, cut side up on two baking trays, drizzle with good quality olive oil, season with sea salt and black pepper and sprinkle with a pinch of sugar.

Slow roast in oven for 3-4 hours. When ready, remove tomatoes from oven and place along with flesh from garlic cloves in a food processor, blitz together to a smooth pulp. Set aside.

Heat a good glug of olive oil in a large saucepan set over medium heat, add brown onion, scallions, leek and celery. Sauté for 10-12 mins stirring often until veg have softened and started to brown.

Add pulsed tomatoes, chicken/veg stock, sliced chilli, chipotle paste, smoked paprika, lemon juice, and chopped celery leaves. Stir all together well, cover and simmer over low-medium heat for 40-50 mins.

Whilst soup is simmering, cut tortillas into 1cm long strips, twist around your finger to form spirals/curls. place on a non stick baking tray, spray with a little olive oil and season with sea salt flakes. Toast in oven for 5-10 mins or until golden brown and crisp.

Season to taste then add the 3 tins of beans and chickpeas, stir and continue to simmer for 10-15 mins, check seasoning again and adjust if required.

Serve hot with crispy tortillas, sour cream, fresh parsley and a swirl of chilli oil (optional).