TOMATO SOUP

- 50g Tinned tomatoes
- 11g Butter
- 10g Mayonnaise - HELLMANS
- 20g Spring onions
- 19g Double cream
- 2g Olive oil
- 3g Ready salted crisps – WALKERS
- 10g Cheddar cheese – CATHEDERAL MATURE

You will also need a teaspoon of GIA tomato and garlic paste, a pinch of dried herbs, salt and pepper and 80mls of water.

Sieve the tomatoes to make a puree, weigh after sieving.
Finely chop the onions and fry gently in the olive oil and butter until soft (not brown).
Add the tomatoes, water, Gia paste and herbs, cook gently for few minutes, it can be left at this stage until ready to serve.
When needed stir in the cream and heat gently.
Serve with mayonnaise, cheese cut in to fingers and the crisps on the side.

Mo’s tip: Choose small pieces of crisps. If all the crisp and cheese dips are eaten before the mayonnaise is finished stir any remaining in to the soup.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION