



LIAM HOWELLS  
PERFORMANCE NUTRITION

# Tomato Soup



Calories: 90



Carbs: 19



Protein: 4



Fat: 1

SERVINGS: 6

PREPTIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 2 large carrots
- 1 stick celery
- 2 large potatoes
- ½ onion
- 1 tin chopped tomatoes
- 2 vegetable stock cubes
- 4 sprays low calorie cooking spray

## Directions

- Add 4 sprays of low calorie cooking spray to the pan. Add the roughly chopped onion and cook until soft.
- Add remaining veg (roughly chopped) stock cubes and chopped tomatoes. Add enough water to just cover the ingredients.
- Bring to the boil, cover and simmer for 15-20 mins until the veg is tender.
- Blend until smooth, using a stick blender or food processor and add seasoning if necessary and serve!