



This recipe uses the same spicy mixture as the [hot lamb curry](#) to make a hearty spicy tomato soup. Chick peas are added to make the soup that bit more substantial but also the buttery nutty taste of the chick peas complements the spices quite nicely.



### **The way I make Spicy Tomato Soup is Ingredients**

#### **Serves 4**

- 1 tin chick peas, drained
- 1 tin tomatoes
- 125ml/ 1 cup of water
- 2 medium onions, roughly chopped
- 2 green chillies
- 3 tbsp tomato purée
- 3 tbsp chopped fresh coriander
- 1 tsp ground coriander
- 1/4 tsp turmeric
- 1 tsp mixed spice
- 1 tsp mild chili powder
- 2 tbsp lemon juice
- 1 tsp salt
- 1 tsp brown sugar

#### **Instructions:**

1. Wearing rubber gloves, halve the chillies and scrap out the seeds.
2. Add the chillies, onions, tomato purée, chilli powder, ground coriander, turmeric, mixed spice, lemon juice, salt and 2 tbsp of the fresh coriander to a food processor and blend for about 1 minute. □ A pestle & mortar might do if you do not have a food processor.

3. Heat the oil in a saucepan. Fry the spicy mixture on a medium heat for about 5 minutes or so, until it has thickened some.
4. Stir in the tin of chopped tomatoes and water and turn the heat back to high until the soup start to boil then lower the heat and simmer for 15 minutes.
5. Stir in the chick peas, the remaining coriander and the sugar and simmer for a further 10 minutes.