



## Blended tomato soup

### Ingredients (serves 1)

250 g of ripe red tomato

1 slice of stale bread

Bread croutons

2 tbsp extra virgin olive oil

1 tsp sherry vinegar

Pepper

Salt (skip in case of hypertension or fluid retention)

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### Method

1. Wash the tomatoes. Remove the stem and cut them into pieces.
2. Blend the tomatoes to a soup-like consistency.
3. Add the stale bread, olive oil and sherry vinegar to the soup.
4. Blend everything together until obtaining a very fine consistency.
5. Add salt and pepper to taste.
6. Serve the soup in a bowl and decorate with bread croutons and a drizzle of olive oil.