

## **Tomato and Raspberry Soup**

**2 tbsp vegetable oil  
1 onion, chopped  
2 celery sticks, chopped  
2 small carrots, chopped  
2 425 g/14 oz cans chopped tomatoes  
300 ml/1/2 pint vegetable stock  
500 g/1 lb frozen raspberries, thawed and sieved  
2 tbsp lemon juice  
2 tbsp sugar (optional)  
salt and pepper**

***to garnish***

**fresh or frozen raspberries  
150 g/5 oz natural yogurt**

**Heat the oil in a large saucepan. Add the onion, celery, and carrots and fry for 5 minutes until softened. Add the tomatoes and vegetable stock and season with pepper. Bring to the boil, then simmer for 15 minutes. Add the raspberry puree, lemon juice, and sugar, if using. Taste for seasoning. Turn the mixture into a liquidizer or food processor and puree until smooth. To serve, heat the soup through, then turn into warmed bowls and garnish each one with raspberries and a spoonful of yogurt.**