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## ‘Bloody’ Halloween Soup.

**Serves 6**

### Ingredients

A good glug of Olive Oil.  
2kg organic tomatoes (different varieties).  
2 – 4 cloves of garlic, crushed.

1. Preheat the oven to 150°C/Gas mark 2.
2. Put a good glug of olive oil into an ovenproof dish.
3. Chop all of the tomatoes into halves or quarters depending on their size and add them to the dish along with the crushed garlic.
4. Put them into the oven for approximately an hour or until the tomatoes have softened and released their juices.
5. Push the tomatoes, their juices and the garlic through a wide sieve, re-warm if needed and serve. **Hint:** This process is often easier if you mash the tomatoes with a potato masher after removing them from the oven.
6. For added protein add in some mixed beans during the warming stage.

\* Gluten free, wheat free, dairy free, sugar free.

\* Vegetarian

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