

# Tomato & Red Pepper Soup



2.2:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	23.6g	16.6g LCT	
		7g MCT	
Protein	6.3g		
Carbohydrate	4.5g		
Energy (calories)	255kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Olive oil	9g	
Red pepper, diced	22g	
Spring onion, sliced	20g	
Tomato purée e.g. GIA Sun dried	1g	
Garlic purée e.g. GIA	1g	
<b>K-Quik</b>	35g	
Stock cube, vegetable	2g	
Tinned chopped tomatoes	80g	
Water	100g	
Feta cheese	30g	
Salt and pepper	to taste	

## Method:

1. Heat olive oil in a saucepan over a medium heat, add the red pepper, spring onion, tomato purée and garlic purée, cook for 3 to 4 minutes, stirring occasionally.
2. Add the **K-Quik**, stock cube, chopped tomatoes and water, stir and simmer on a low heat for 10 minutes.
3. Add feta. Using a hand blender, blend to a smooth consistency. Pour the soup into a bowl, season with salt and pepper to preferred taste and serve.



## Always check with your dietitian what is suitable for you

- Serve with a bread roll (see recipe)



**K-Quik is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**