

# BELL PEPPER-TOMATO SOUP WITH CARROT TORTILLA-PIZZA

2 persons / 398 kcal per serving

## Ingredients:

### SOUP

- ½ onion
- ½ red bell pepper
- 1½ tablespoon of oil
- ½ tablespoon of paprika powder
- 200 grams of tomato cubes (can)
- ½ vegetable stock tablet
- 300 ml tap water
- 1½ teaspoon of dried rosemary
- 2 tablespoons of crème fraiche
- pepper and salt

### PIZZA

- 2 carrot tortilla wraps
- 1 tablespoon of tomato paste
- 125 grams of mozzarella
- 2 vine tomatoes
- 2 sprigs of basil
- pepper and salt



### Soup preparation:

Chop the onion. Cut the bell pepper into pieces. Heat the oil in a stockpot and fry the bell pepper, paprika powder and onion for 5 minutes. Add the tomato cubes, the vegetable stock tablet and water and bring to the boil. Add the rosemary and cook over low heat for 20 minutes. Mash the soup with the hand blender and season with salt and pepper.

### Pizza preparation:

Preheat the oven to 200 °C. Brush the tortillas with the tomato paste. Cut the mozzarella ball into 10 slices. Cut the vine tomatoes into 5 slices each. Divide the mozzarella and tomato slices over the tortillas and place on baking sheets lined with parchment paper. Season with pepper and salt. Bake them in the oven for 12 minutes.

Take the tortilla pizzas out of the oven and top them with the basil leaves. Divide the soup over the bowls and add some crème fraiche to each bowl. Serve the pizza with the pepper-tomato soup.

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Nutritional value per portion:

Energy:	398 kcal
Protein:	18.4 grams
Carbohydrates:	31.4 grams
- including sugars:	14.6 grams
Fat:	21.6 grams
Fiber:	6.4 grams
Salt:	3.8 grams