

## Pepper & Tomato Soup

By David Larkin

One Christmas season, when we were stationed in Europe, we were invited round to a 'Soup Kitchen' evening. Our hosts coped with quite a crowd of guests by serving a selection of excellent soups in their kitchen, accompanied by glasses of wine. It is an idea that we picked up on, and we have done the same thing ourselves from time to time. Last time we did it here, we served Mulligatawny Soup, Pierre and Janet Berton's Clam Chowder, and Pepper and Tomato soup. The latter was a last minute thought but it proved very popular. Here is the recipe:

**2 Tbsp. oil**

**1 onion, peeled and sliced**

**1 small red pepper, cored, seeded and sliced**

**1 small yellow pepper, cored, seeded and sliced**

**1 small green pepper, cored, seeded and sliced**

**1 lb. tomatoes, peeled, seeded and chopped**

**600 ml. stock, preferably ham but chicken will do**

**2 Tsp. mixed herbs**

**2 Tsp. sugar**

**1 Tbsp. tomato paste**

**1 Tbsp. lemon juice**

**Salt and freshly ground black pepper**

**To garnish: plain unsweetened yogurt**

Heat the oil in a large pan. Add the onion and peppers and cook over a gentle heat for 10 minutes.

Add the tomatoes, stock, herbs, sugar, tomato paste, lemon juice, and salt and pepper to taste. Bring to the boil, lower the heat, cover and simmer for 30 minutes.

Remove a few of the pepper slices from the soup with a slotted spoon, chop and reserve. Puree the soup in a blender or with an immersion (stick) blender. Reheat gently until boiling, then serve in individual bowls sprinkled with the reserved pepper and a spoonful of yogurt.



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## The South Marysburgh Recreation Committee

**The Marysburgh Mimmers  
The Milford Fair Board**

### Meetings, Events, Announcements

#### **Fair Board Meeting**

Milford Town Hall  
Wednesday, October 8th at 7:00 p.m.

#### **Milford Market**

At the Fair Grounds  
Every Saturday from 9:00 a.m. to 2:00 p.m.  
**LAST DAY**—October 11th

#### **Wii Bowling**

Milford Town Hall  
Every Thursday from September 25 to  
November 27 from 2:00 to 4:00 p.m.

## Youth Unlimited Prince Edward County

Youth Unlimited Prince Edward County is holding an event to raise awareness about their work and services offered, to form new ministry partners and to raise funds to sustain the outreach work.

Come meet Sami Lester, Prince Edward County Director of Youth Unlimited. Invite your friends to attend as well!

**MONDAY, OCTOBER 20th  
7:00 p.m. at Milford Town Hall**

*Hosted by the Prince Edward County Steering  
Committee for Youth Unlimited,  
Valencia Logan, Chair*