Tomato Pepper Bread Soup

Four thick tomato bread soup bowls · Active 25 min · Total 1 hr 5 min

Skills: Managing bread absorption in a thick tomato broth without scorching the pan

Ingredients

- 2 tablespoons olive or neutral oil (30 ml)
- 1 medium onion, finely chopped (150 g)
- 1 medium bell pepper, cored and finely diced (150 g trimmed weight)
- 2 garlic cloves, finely chopped (6 g)
- 2 cans chopped tomatoes, 14–14 1/2 oz/400–411 g each, with juice (about 800 g total)
- 2 1/2 cups water (600 ml), plus up to 1 cup/240 ml extra if needed
- 1 teaspoon dried oregano (1 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- Sound day-old bread, cut into 1-inch/2 cm cubes (9 oz/250 g)

Set out

Heavy saucepan, at least 4 qt/4 L, Knife and board, Long-handled spoon, Measuring jug

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion and diced bell pepper for 10–12 minutes until soft. Add garlic and stir for 30 seconds.

2. Add tomatoes with all juice, the initial 600 ml water, oregano, salt and pepper. Bring to a boil, then simmer partly covered for 15 minutes, stirring occasionally.

3. Add bread cubes and simmer gently for 8–10 minutes, stirring from the bottom, until crust and crumb are softened. Press a few cubes to thicken the soup but leave some pieces visible.

4. If too stiff to spoon, add extra water 1/4 cup/60 ml at a time, up to 240 ml, and heat through. Divide all the soup among four bowls.

Use sound bread only

Cooking does not make moldy bread suitable. The useful leftover is dry but unspoiled bread.

Ingredient labels

Bread normally supplies wheat and may contain milk, egg, soy, sesame or nuts. Read the actual loaf label; the recipe does not assume an allergen-free bread.

A useful detail

The 65-minute total includes chopping and a full simmer before the bread joins. Different breads need slightly different final water amounts.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled soup for up to 1 month and thaw in the refrigerator. Bread continues absorbing broth; add water gradually during reheating rather than boiling a dry block.