

CREAMY TOMATO BISQUE

This soup is amazing and perfect for any time of the year. Want to be even more hands off? Add everything in large chunks, don't worry about peeling anything! After you puree, strain through a fine mesh colander to remove all of the skins (or leave in if you like the texture). Best served with a grilled cheese sammy!

 20 minutes 1 hour 6 portions

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 cloves garlic, chopped
- 1/4 cup all-purpose flour
- 1 tablespoon salted butter (or olive oil to make it vegan)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 cup chopped tomatoes (any color works!)
- 6 cups chicken broth (or vegetable stock if you want to make it vegan)
- 1/4 cup half & half (or canned coconut milk to make it vegan)
- 1/4 chopped roughly chopped basil leaves

COOKING METHOD

- 1° Over medium-high heat, saute the onions, carrots, celery, and garlic in the olive oil until tender and soft, about 10 minutes.
- 2° Add the salt, pepper, butter, and flour, and stir to combine. Cook this for about 5 minutes, or until the mixture starts to bubble and steam (it will be a bit thick).
- 3° Add the tomatoes and vegetable broth, stir to combine. Turn down the heat to medium-low and simmer for 30 minutes, or until thickened, bubbly, and delicious.
- 4° If you like a chunky texture, leave the soup as-is. If you like a smoother texture, use a stick blender or CAREFULLY transfer soup to a blender or food processor and puree in small batches until smooth.
- 5° Return the soup to the pot, add the basil and cream, stir to combine. Taste and add any seasonings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [364 g]	% DRI
ENERGY	37 kcal	136 kcal	7 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	2 mg	9 mg	3 %
SODIUM	310 mg	1127 mg	47 %
CARBOHYDRATE	4 g	14 g	5 %
SUGARS	1 g	4 g	—
FIBER	1 g	2 g	8 %
PROTEIN	1 g	3 g	—