



60 min



Serves 2



FRESH

TOMATO SOUP

Ingredients:

1 tbsp olive oil
1 tbsp butter or margarine
1 medium onion, chopped
2-3 cloves garlic, minced
2 (26oz) cans of diced tomatoes
5-6 cups of chicken broth
Spices to taste (i.e. thyme, basil, chili pepper flakes, salt, pepper)

Directions:

1. In a large pot, heat the olive oil and butter over medium-low heat. Add onions and cook slowly until translucent. Add in garlic and cook for another 2-3 min.
2. Add in the remaining ingredients and spices. Let simmer on low-medium heat for 30 to 40 minutes, stirring regularly enough to prevent any burning.
3. Blend with an immersion blender directly in the pot, or let cool and blend in batches.

FRESH

Notes

Optional add-in and/or changes:

- 1 small jar of roasted red peppers with 1 can of coconut milk
- 3-4 roasted red peppers and top with 1-2 tbsp sour cream
- Garnish with 2 TBSP grated Parmesan Cheese
- Garnish with a splash of heavy cream
- Make with fresh roasted tomatoes (coated with olive oil and seasonings)
- Add 1 -2 cups of frozen mixed vegetables after pureeing
- Enjoy with a grilled cheese sandwich - this is a MUST!



CONTACT US

Website: freshu.ca

Facebook: [/freshatwestern](https://www.facebook.com/freshatwestern)

Instagram: [@freshwestern](https://www.instagram.com/freshwestern)

Youtube: [@freshwestern](https://www.youtube.com/freshwestern)

Email: fresh@uwo.ca