

Herbal Legacy Recipes

Tomato Soup

Contributed by Fawn Christopher

Ingredients:

- 1 Tab. Olive oil (or canola oil)
- 2 Tabs butter (or canola butter)
- 1 onion chopped
- 1 garlic chopped
- 2 pounds tomatoes roughly chopped (about 6-8 med.)
- 2 ½ cups vegetable stock (I use vegetable bouillon cubes from a health food store)
- 2 Tabs tomato paste (I generally use the whole can because it is very small and I don't want to have to store a very little bit that is left over)
- 2 Tabs fresh basil or 1 Tab dried
- 2/3 cups Silk (or another soy milk)
- Salt and pepper

Directions:

Heat oil and butter in a large sauce pan. Add onion and cook gently 5 min. stirring until soft and not browned. Add tomatoes and garlic.

Add stock and paste to pan and stir to combine. Heat just below boiling point. Carefully pour into a slow cooker (crock pot). Cook on high for 1 hour. Switch to low and cook for 4-6 hours.

Let soup cool for a few minutes. Ladle into blender and process until smooth. Press the pureed soup through a sieve or fine mesh strainer into a clean pot.

Add shredded basil and silk. Heat gently while stirring. Do not let it reach the boiling point. Check consistency. Add more silk if needed. Season with salt and pepper.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy