

# TOMATO SOUP

## Ingredients

3 ½ tablespoons olive oil  
1/3 cup minced onion  
28 oz can course ground tomato –  
kitchen ready  
3 ½ tablespoons tomato paste  
2 cups vegetable or chicken broth  
½ teaspoon salt  
½ teaspoon pepper  
1 cup heavy cream  
Chopped fresh parsley

## Directions

You will need a large sauce pan with a fitted lid. Coat bottom of pan with olive oil. Slowly heat to medium high. Add onion and stir for 2-3 minutes. When onion is translucent and just slightly brown add course ground tomato and tomato paste. Whisk and bring to a simmer. Whisk in broth, salt and pepper. Simmer for 15 minutes, periodically stir and make sure to get the bottom and sides of pan.

Whisk in one cup of heavy cream, simmer for 5 minutes.

Serve immediately or reheat later. Garnish each serving with fresh chopped parsley. Be sure to cool soup to room temp before refrigerating. Tomato Soup

can be stored in the fridge for up to one week or in the freezer for up to a month.



When I was a child we ate a lot of tomato soup. Served alongside grilled cheese sandwiches and piles of Saltines, this was a meal my mother could whip up and everyone was happy. Very simple to make and so much better than the canned stuff, this soup will awaken your inner child and bring you back in time. Not only are tomatoes an excellent antioxidant they are packed with nutrients. So relax, this delicious treat is doing your body good.