DCNS September Recipe: Tomato Basil Soup

Prep Time: 40 minutes
Cooking Time: 30 minutes
Serving Size: Serves 3 to 4 (8 oz servings)

Ingredients:

- 5 medium tomatoes, chopped (4 cups)
- 1 medium, chopped (1/2 cup)
- 2 tbsp. tomato paste, canned
- 1 tbsp. vegetable oil
- 1 1/2 cup of vegetable stock
- 2 tbsp. all-purpose flour

Seasonings:

- 3 cloves fresh peeled garlic, minced
- 3 large fresh basil leaves, chopped (or ½ tsp dry basil)
- ½ tsp. granulated white sugar
- ½ tsp. table salt

Instructions:

1. Prepare vegetable ingredients.
2. Place oil into soup pot and when oil is hot, add vegetables.
3. Add seasonings and stir until mixed.
4. Add 1 cup vegetable stock and stir.
5. Bring to a simmer, stirring occasionally.
6. Turn off heat and let soup cool slightly.
7. Pour soup into a blender and blend until smooth (adding more stock for desired consistency)
8. Using a strainer, pour soup through the strainer into the soup pot.
9. Bring soup to a boil and reduce heat. Taste and adjust seasonings, adding salt and pepper, if desired.
10. Serve soup hot in bowls.

Nutrition Facts:

Calories: 93	**Fat: 6g**	**Protein: 2g**	**Carbohydrates: 15g**	**Sugar: .5**	**Salt: 315**

Serving Suggestions: You can serve soup as a complete lunch or dinner menu by adding grilled cheese sandwiches, or a hearty bread, and a small green salad.