



CREAMY TOMATO SOUP

Ingredients:

- 2 tablespoons oil or cooking fat of choice
- 1 large onion, peeled and chopped
- 4 cloves garlic, chopped
- One 28-ounce can crushed, diced or whole peeled tomatoes (San Marzano are the best)
- 1.5 cups low sodium vegetable or chicken broth
- 1 cup unsweetened coconut milk, regular milk or half n half (or ½ cup ground oats)
- 2 tablespoons minced fresh basil, plus 1 tablespoon for garnishing
- 1 tablespoon tomato paste - *optional*
- 1 tablespoon balsamic vinegar - *optional*
- ½ tsp salt or to taste

Instructions:

1. In a large Dutch oven or soup pot that is already hot, heat the oil over medium heat. Add the onions, and sauté until just about translucent, about 4 minutes. Stir in the garlic and sauté for 1 minute more.
2. Add remaining ingredients, and simmer for 20-30 minutes to allow the flavors to meld.
3. Use an immersion blender and blitz until desired consistency.
4. Serve hot, topped with some minced basil or a dollop of yogurt