
TOMATO BASIL SOUP

Modified from Southern Living

PREP TIME: 15 min

COOK TIME: 90 min

MAKES: 6+ servings

INGREDIENTS

4 shallots, diced

1/2 lb leeks, chopped

1 celery stalk, chopped

2-3 garlic cloves, pressed

1 TBS oil

1 TBS dried basil

1 (14.5 oz can) Italian-Style tomatoes, undrained

2 cans (14.5 oz) chicken broth

1/4 tsp salt

1 c. whipping cream

DIRECTIONS

1. In a Dutch oven, cook first 4 ingredients in hot oil over low heat for 10 minutes, or until tender.
2. Add tomatoes and dried basil
3. Cook over medium heat, stirring occasionally, for 10 minutes
4. Add broth and salt and bring to a boil
5. Reduce heat and simmer, stirring occasionally for 1 hour. Let cool.
6. Using an immersion blender, blend until smooth.
7. Add milk/cream and reheat.

NOTES

Most of the time, I replace the shallots and leeks with a chopped onion. I also use skim milk or fat free half and half instead of the whipping cream. This recipe is so good that I usually double it.