

Simple Tomato Soup

Servings per recipe: 2

Each serving counts as 1 vegetable

A great new way to enjoy your tomatoes.

Ingredients

- 200 grams tomato
- 1 clove minced garlic
- 1/2 cup water
- 1 tsp basil (vary to taste)
- 1/2 tsp onion powder
- sea salt
- black pepper

Directions

1. Preheat broiler.
2. Cut tomatoes in half.
3. Place tomatoes on non-stick baking sheet. Flat side down.
4. Broil for 5-10 mins, or until the skins are blistered and blackened.
5. Let cool and then remove skins & seeds.
6. In a medium sized saucepan, heat 1/4 c water over medium heat.
7. Add onion powder & cook for 5 minutes.
8. Add garlic & cook for 2 more minutes.
9. While that's cooking, place tomatoes in a blender or food processor and puree until smooth.
10. Stir tomato puree into saucepan and add the rest of your water (1/4 c).
11. Bring to a boil then reduce to simmer for 5 minutes.
12. Stir in basil and season with salt & pepper.

