



## UNIT 6 / PRACTISE 1

# Creamy Tomato Soup



### Ingredients

(6 servings)

- 2 tablespoons unsalted butter
- 1 onion, coarsely chopped
- 1 to 2 cloves garlic (optional)
- 2 (14-ounce) cans whole peeled tomatoes
- Coarse salt and freshly ground pepper
- 1 1/2 cups Basic Chicken Stock, or water
- 1/2 cup heavy cream (optional)

### Notes

- Leftovers can be stored in an airtight container in the refrigerator for up to five days.
- To make this recipe vegan and Whole30-compliant, omit the butter and substitute the heavy cream with canned full-fat coconut milk.

### Directions

- **Step 1** - Melt butter in a medium stockpot over medium heat. Cook onion and garlic (if using), stirring constantly, until soft and translucent, about 3 minutes.
- **Step 2** - Add tomatoes, their juices, and stock. Season with salt and pepper and bring to a boil, then reduce heat and simmer 10 minutes.
- **Step 3** - Working in batches, transfer tomato mixture to a blender, food processor, or food mill. Puree tomato mixture (if using a blender, cover the lid with a kitchen towel while machine is running).
- **Step 4** - Return soup to a clean pot and set over low heat. Whisk in cream, if desired; season with salt and pepper. Serve immediately or transfer soup to a bowl set over an ice-water bath to cool completely. Transfer cooled soup to an airtight container and refrigerate. Reheat over medium heat until heated through.

