

Super Quick Tomato Soup that's Good for You!

Sauté in a Dutch oven or large pot, until softened:

- 1/2 a small onion, finely minced
- 1 large celery stalk, finely minced
- 1 medium size carrot, peeled and grated
- 1 tsp garlic paste, or one finely minced garlic clove

Add:

- 1 28 oz tin of diced tomatoes with Italian herbs, include juice*
- 1 14.5 oz tin of diced tomatoes, include juice

With a hand blender, purée the soup. Alternatively, dump the sautéed vegetables into a blender, and add half of the tomatoes. Purée until smooth, then pour into the soup pot. Add the second half of the tomatoes to the blender, purée until smooth, and add to pot. And put back on heat.

Add:

- 3/4 cup cream (any fat content that you prefer)

Stir and heat through. Add salt and black pepper, to taste.

If desired, top with any of the following:

- Sour cream dollop
- Plain Greek yogurt dollop
- Fresh basil, chopped or chiffonaded
- Home made croutons
- A sprinkle of shredded sharp cheddar cheese

* you can use plain diced tomatoes and just add some Italian seasoning, or fresh basil and oregano.