

Tomato Soup

About 6-8 Servings

Ingredients:

Olive oil	1 ½ cups of low sodium vegetable stock
1 medium onion	2 Bay leaves
1 carrot	½ cup long-grain rice or whole grain rice
1-2 celery stalks	Garlic or cheese croutons (optional)
1 red jalapeno pepper (seeded)	
2 cloves of garlic	
3 Tbsp flour	
3 cups low-fat milk	
1 (28-ounce) can plum tomatoes	
4 Tbsp tomato paste	
Oregano, cilantro, parsley, basil, paprika	
Salt, black pepper, cayenne pepper	
Dill, saffron, nutmeg (pinch), sugar (pinch)	
Worcestershire Sauce	



Instructions:

Finely chop the onion, carrot, celery, jalapeno and garlic. In a large soup pot, gently sauté vegetables in olive oil over medium heat until tender, about 5-8 minutes.

Sprinkle flour over the vegetables, stirring to coat evenly. Continue cooking for 2 minutes, scraping the pot often.

Whisk in 1 ½ cups of low-fat milk. When smooth, cook for additional 5 minutes. Add the tomatoes, tomato paste, spices and then simmer for 3 minutes, stirring occasionally. It will be thick.

Transfer mixture to blender or food processor and puree until smooth. Return the puree to the pot. Add the remaining 1 ½ cups of low-fat milk and 1 ½ cups of stock, bay leaves and rice. Gently simmer until rice cooks, about 30 to 40 minutes.

Ladle into bowls and garnish with fresh cilantro, basil or Italian parsley. If desired, top with garlic or cheese croutons.

Cooking Tips:

- To speed cooking time and ensure al dente rice, use pre-cooked rice. Either cook the rice separately or use yesterday's leftovers from Thai take out and then add to soup.
- For chopped tomatoes, look for the Pomi brand from Italy. The product comes in a stay-fresh box and unlike canned tomatoes, contains no preservatives, water or citric acid.
- Oregano, basil and parsley really make tomato soup taste great. Use fresh or dried and be sure to use liberally.

