

Simple Tomato Soup

4 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 2 tbsp Vegetable oil (olive)
- 1 × 1 large Onion (raw)
- 3 clove Garlic (raw)
- 2 medium Carrot (raw)
- 2 medium stalk (19cm to 20cm long) Celery (raw)
- 6 large whole (7.6cm dia) Tomato (red, ripe, raw, year round average)
- 500 g Soup (broth, chicken, ready-to-serve)
- 1 tsp Salt (table)
- 1/2 × 5 ml ground Spices (pepper, black)
- 1 tbsp Butter (unsalted)

Instructions

1. Dice the onion, carrots, and celery. Mince the garlic. Core and roughly chop the tomatoes.
2. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook for 5-7 minutes, stirring occasionally, until softened.
3. Add the garlic and cook for 1 minute until fragrant.
4. Add the chopped tomatoes, chicken broth, salt, and pepper. Bring to a boil.
5. Reduce heat to low, cover, and simmer for 20-25 minutes until the vegetables are very tender.
6. Using an immersion blender (or working in batches with a regular blender), puree the soup until smooth.
7. Stir in the butter until melted. Taste and adjust seasoning.
8. Serve hot, optionally topped with a drizzle of olive oil or a dollop of cream.