

Peace, Love and Light!

Plant-based Vegan Creamy Tomato Basil Soup

PRESENTED BY

peaceloveandlight.co

INGREDIENTS

6 medium sized Tomatoes (cut into quarters)
1/2 cup fresh Basil
1 1/2-2 cups Water or Vegetable Broth
1/2 large diced yellow Onion
3 cleaned, peeled and chopped Carrots
1 cleaned and chopped yellow Bell Pepper
1/8 cup Almond Milk
4 oz. Non-dairy Cream (like Nestle Carnation Almond Cooking Milk)
2 cleaned and minced Garlic Cloves
1/2 tbsp Coconut Sugar
1/2 tsp Salt
1/4 tsp Smoked Paprika
1-2 tbsp non-dairy butter or olive oil (like Earth Balance)
1/4 tsp Crushed Red Pepper Flakes (optional)

INSTRUCTIONS

1. In a large pot on medium heat, sweat your onions with your non-dairy butter or olive oil and carrots for approximately 15-20 minutes. Stir frequently to avoid burning or browning.
2. Add in your garlic, tomatoes, bell pepper and basil, water or vegetable broth, and all seasonings.
3. Stir till evenly combined.
4. Cook for another 15-20 minutes, or until the tomatoes begin to crack and mush up.
5. Add the almond milk and non-dairy cream
6. Then, using a blender or food processor puree the soup until smooth
7. Simmer for approximately 5 minutes.
8. Serve hot and enjoy with the [Peace, Love and Light vegan plant-based non-dairy grilled cheese sandwich](#)

