

Tomato Bisque: Two options

2 tsps. EVOO

¼ cup chopped onion

2 cloves minced garlic (about a TBL)

½ c chopped carrots or sweet potato

¾ cup vegetable stock (low sodium)

1.5 cups crushed tomatoes

½ tsp thyme

½ tsp oregano

¼ tsp salt

2 oz light cream cheese

or ½ cup cooked white beans

¼ c fresh chopped basil

1. Warm pan and then add EVOO
2. Add chopped onions and sauté for 4-5 minutes until translucent
3. Add minced garlic and sauté 1-2 minutes.
4. Add carrots, oregano, and thyme and sauté 1-2 minutes
5. Add vegetable broth and crushed tomatoes, stir
6. Bring to a boil.
8. Let simmer for 15 minutes. Stir occasionally to be sure it does not burn on the bottom of the pan.
10. Add ¼ tsp salt. Stir.
11. Transfer to blender. If adding white beans, you really need a blender to get the smooth texture you are looking for. With the cream cheese version an immersion blender would work as well. I have made this soup several times without the use of any kind of blender, but I can say unequivocally it works best if you mechanically blend. The use of the blender speeds up the flavor development. Otherwise you need to let it sit overnight.

If adding White Beans: Put white beans in the blender first, then add tomato mixture. Once everything is in the blender, blend at a low speed just to mix the ingredients for 5-10 seconds.

Then blend on high for 10-15 seconds to puree the beans. Be sure to put a paper towel over the hole at the top to prevent splatter. Return mixture to your saucepan.

If adding Light Cream Cheese: Put the cream cheese in the bottom of the blender then add your tomato mixture. Blend for 10-15 seconds on a low to medium speed. You will be able to see when it is blended. Be sure to put a paper towel on top of the blender to prevent splatter. Return mixture to your pan.

Bring soup back to a simmer (it will have cooled off during the transfer).

Add the basil and cook for another 3-5 minutes.

Place the soup in bowls, add more chopped basil on top.

You could add a tsp or two of pesto, drizzle EVOO, Crushed Red Pepper or add non-vegan toppings such as sour cream, yogurt, parmesan cheese, etc.