

Creamy Tomato Soup

2 tbsp oil
1 small onion, finely diced
2 cloves garlic, minced
8-10 roma tomatoes, chopped
1 tbs brown sugar 1 tbsp tomato paste
1/2 cup parmesan grated OR a leftover parmesan rind
2-3 cups vegetable broth
1/4 cup cream (optional)
salt and pepper to taste
fresh basil for garnish

In a large saucepan, heat oil over medium-high heat. Add onions and sauté until they become translucent. Add garlic and sauté for another minute. Add tomatoes and let them cook for about five minutes so they absorb all the flavor of the onions and garlic. Add brown sugar, tomato paste, parmesan and vegetable broth and bring to a boil. Reduce heat to low and simmer for about 30 minutes.

Add cream. Puree soup with an immersion blender or in batches in a traditional blender. If using a traditional blender, remember:

- Only fill your blender 1/3 full.
- Remove the centre insert in the lid of your blender to allow hot air to escape.
- Cover 3/4 of the hole with a kitchen towel to avoid splashes.

Store in the refrigerator for up to 4 days or in the freezer for up to 4 months. Garnish with fresh basil.

Carrot Ginger Soup

2 tbsp oil
2 large onions
1 tsp ginger, minced
6-8 carrots, diced
3 cups vegetable broth
salt and pepper to taste

In a large saucepan, heat oil over medium-high heat. Add onions and sauté until they become translucent. Add ginger and sauté for another minute. Add carrots and vegetable broth and bring to a boil. Reduce heat to low and simmer for about 30 minutes.

Puree soup with an immersion blender or in batches in a traditional blender. If using a traditional blender, remember:

- Only fill your blender 1/3 full.
- Remove the centre insert in the lid of your blender to allow hot air to escape.
- Cover 3/4 of the hole with a kitchen towel to avoid splashes.

Store in the refrigerator for up to 4 days or in the freezer for up to 4 months.

Garnish with plain yogurt and fresh pepper

Leek and Potato Soup

2 tbsp oil
4 leeks, rinsed and finely chopped, white and light green parts only
2 stalks celery, finely chopped
2 cloves garlic, minced
2 potatoes, peeled and diced
3 cups vegetable broth
1/4 cup cream (optional)
salt and pepper to taste

In a large saucepan, heat oil over medium-high heat. Add leeks and celery and sauté until they begin to soften. Add garlic and sauté for another minute. Add potatoes and vegetable broth and bring to a boil. Reduce heat to low and simmer for about 30 minutes.

Add cream. Puree soup with an immersion blender or in batches in a traditional blender. If using a traditional blender, remember:

- Only fill your blender 1/3 full.
- Remove the centre insert in the lid of your blender to allow hot air to escape.
- Cover 3/4 of the hole with a kitchen towel to avoid splashes.

Store in the refrigerator for up to 4 days or in the freezer for up to 4 months.

Garnish with fresh black pepper.