

Prep Time: ½ Hour | Cooking Time: 40 Minutes | Serves: 4, 1 ½ Cups (360 mL)

TOMATO *soup*

3 ½ lb. (1.6 kg)	Ontario Greenhouse Tomatoes, peeled, seeded and chopped
3 tbsp (45 mL)	olive oil
1 medium (127 g)	sweet onion, diced
3 cloves	garlic, minced
2 cups (480 mL)	quality chicken stock or vegetable stock
a few sprigs	fresh basil
1 tsp (5 mL)	salt and pepper, each
optional: ½ cup (120 mL)	35% cream or non-dairy milk
garnish: ¼ cup (60 mL)	fresh basil

1. Heat olive oil in a stockpot over low-medium heat. Add onion and cook stirring frequently until onion is translucent, about 10 minutes. Add garlic and continue cooking for another 5 minutes.
2. Add peeled, seeded and chopped tomatoes with their juices. Add stock and basil sprigs with half the salt and pepper and bring to a boil; reduce heat and simmer uncovered until slightly thickened about 25-30 minutes. Puree with a stick blender. Return to simmer for an additional 5 minutes.
3. Add in cream or milk, if using, and heat through about 2 minutes. Do not boil.
4. Taste and re-season with remaining salt and pepper, if required.
5. Serve immediately garnished with fresh chopped basil and grilled cheese croûtons, if using.

For a special lunch, serve topped with your favourite grilled cheese sandwich, cut into croûtons - perfect comfort food.



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