

Creamy Tomato Soup.txt

Creamy Summer Tomato and Vegetable Soup

(Thomas Di Baggio & Susan Belsinger, Basil An Herb Lover's Guide: Interweave Press 1996)

2 tablespoons (30 ml) extra virgin olive oil
1 heaping cup diced red onion
½ pound potatoes, peeled and diced
2 medium carrots, sliced
1 pound red ripe tomatoes, peeled, seeded, and diced
1 red bell pepper, roasted, peeled, seeded, and diced
Salt and freshly ground pepper
2 cups vegetable or chicken stock
1 cup basil leaves, chopped
2 cups milk
Basil for garnish

Heat the oil in a nonreactive soup pot over medium heat. Sauté the onions for 5 minutes, stirring occasionally. Add the potatoes and carrots, stir, cover and sweat them for 5 minutes. Add the tomatoes and bell pepper, season with salt and pepper and cook for 3 minutes stirring occasionally.

Add the stock and cook for about 5 minutes. Add the basil, cover and let sit for a few minutes

Puree the soup in batches, in a blender or food processor; return the soup to the pot. Add the milk, stir, and heat until the soup just barely simmers. Taste for salt and pepper. Serve hot garnished with basil shreds or whole small leaves.