

# Creamy tomato soup

Super delicious



COURSE

Appetizer, Side Dish, Soup

CUISINE

American

## INGREDIENTS

### Step #1

- 4 Lbs Roma Tomatoes cut in half
- Extra Virgin Olive Oil
- Sea Salt

### Step #2

- 1 White Onion chopped
- 5 Garlic Cloves minced
- 1 bunch of Fresh Basil chopped
- 1 Cup Organic Whole Milk

## INSTRUCTIONS

1. Start with Step #1 above. Preheat the oven to 400 degrees, place Tomatoes on baking sheet skin side down, drizzle Olive Oil and sparingly season Tomatoes with Sea Salt and bake 25 -30 minutes.

2. Step #2: In Lrg. stock pot sauté Chopped Onion and Garlic in 1/3 Cup Olive Oil until tender.

Add chopped Basil at the end and stir.

When Tomatoes are done, add Tomatoes into the stock pot and add Organic Whole Milk and simmer for ½ hour on low heat.

Remove from heat, when cooled put into Blender in batches to puree and put back into the pot, simmer on low and serve.

## NOTES

### Shopping List:

4 Lbs. Roma Tomatoes, 1 bunch of Fresh Basil, 5 Garlic Cloves, Extra Virgin Olive Oil, 1 White Onion, Organic Whole Milk, Sea Salt, Pepper. You will need a Blender to puree the soup.

### Health Comments:

This soup is High in Vitamins A & C, and has Vitamins E & K, Iron, Folate, Potassium, Calcium, Lycopene.

