



SPICY TOMATO SOUP

Yield: 4 servings

INGREDIENTS

- 1 tablespoon olive oil, or any neutral oil
- 3 cloves garlic, sliced
- 1 onion, small dice
- 1 tablespoon red chili flake
- 1 28-oz can tomatoes, any variety (diced, whole, puree)
- Sprig of fresh thyme, or 1 tsp dry thyme (optional)
- ¼ cup heavy cream (optional)
- Salt and pepper, to taste

INSTRUCTIONS

- 01** Add oil to the bottom of a heavy bottomed pot. Add garlic, onion, and chili flake. Sauté for 3 minutes, until onions just begin to turn translucent. Season with salt and pepper.
- 02** Add tomatoes and thyme (if using) to the pot and bring to a simmer, about 10 minutes.
- 03** Remove pan from heat and allow to slightly cool. Add tomato soup mixture to a blender and blend until completely smooth, being careful with the hot liquid. An immersion blender can also be used for this.
- 04** Return soup to the bottom of the same pot and cook an additional 10 minutes. Add cream, if using and season with additional salt and pepper to taste.



MARKET SHOPPING LIST



WHOLE ROASTED TOMATOES

- Tomato Mountain

OVEN ROASTED HEIRLOOM TOMATOES

- Tomato Bliss

HERBS

- Smits Farm