

Tomato Basil Soup

Cooking & Prep Time: 30 min
Serves: 3

28 oz. diced tomatoes, canned
1 large onion
1 carrot, diced
1 cup vegetable broth
1tsp thyme or 2-3 sprigs, stemmed
1 tsp salt
Pepper to taste
12-14oz. coconut milk (optional)
¾ cup fresh basil leaves



Sauté onion and carrot in large pot until translucent.

Add 1 cup vegetable broth and tomatoes.

Bring to a boil and let simmer for about 20 minutes or until the tomatoes break apart.

Add thyme, salt and pepper.

Remove from heat and add coconut milk and basil. Blend with an immersion wand or with a blender until smooth.

Serve hot. Serving size: 2 cups

By Adam Johnson

FAST METHOD:

Replace fresh onions with onion powder. Combine all ingredients in a blender and blend until smooth. Eat cold.

By Marisa Reyes