

*In the summer we take them  
fresh off the vine, and in  
the winter we roast them to  
concentrate the flavor when  
good tomatoes are almost  
impossible to find.*

## BASIC TOMATO SOUP

I've never met a tomato soup I didn't like. It looks rustic, it feels rich, and it tastes, well, honest. Here's a base that's beautiful just on its own—I like freezing a couple of batches to have on hand—and three vibrant variations, if you feel like mixing things up a little.

INGREDIENTS:	DIRECTIONS:
1 tablespoon extra virgin olive oil 1 medium yellow onion, finely chopped 2 medium ribs celery, finely chopped 1 large carrot, finely chopped 6 medium fresh basil leaves, torn into pieces Salt 3 cloves garlic, finely chopped ¼ cup tomato paste 6 large ripe tomatoes, peeled and chopped 3 cups Great Chicken Stock (page 42) Freshly ground black pepper	Heat the oil in a large saucepan over medium-low heat. Add the onion, celery, carrot, and basil. Season with salt, cover, and cook, stirring occasionally, until softened but not colored, 5 to 7 minutes. Add the garlic and cook for about 1 minute, until aromatic. Stir in the tomato paste and cook for 2 minutes, then add the tomatoes and chicken stock and season with salt and pepper. Increase the heat to high and bring to a simmer, then reduce the heat and simmer for 20 minutes to break down the tomatoes and blend the flavors.
<b>Optional garnishes</b> Fresh basil leaves, cut into thin ribbons Grated Parmesan cheese Red pepper flakes Tomato concassée (peeled, seeded, and chopped tomato)	Working in batches, pour the soup into a blender and blend until smooth (or leave part of it chunky for one of the variations), returning the soup to a new pan. Spoon into bowls and serve with your choice of garnish.

PREP TIME

20

MINUTES

COOK TIME

30

MINUTES

SERVES

4

SMARTPOINTS

4

PER SERVING

CALORIES

179

PER SERVING

