



CLASSIC TOMATO SOUP

Intermediate Lifestyle

INGREDIENTS

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|---|---------------------------|
| 2 TBS butter | 3 cups chicken broth |
| 1 TBS olive oil | 1 TBS chopped fresh basil |
| 1 cup chopped yellow onion | 1 TSP sugar |
| 2 TSP minced garlic | ½ TSP dried thyme |
| 2 TBS all-purpose flour | ½ TSP salt |
| 1 (28-ounce) can stewed tomatoes, with liquid | ¼ TSP pepper |

INSTRUCTIONS

- Heat the butter and oil in a stockpot over medium-high heat, until butter has melted.
- Add the onions and garlic to the pot, and cook until the onions have softened, about 5 minutes.
- Add the flour, and stir until the onions are evenly coated.
- Add all the remaining ingredients, stir to combine, and bring to a simmer. Reduce heat to low, cover, and simmer for 35 minutes, stirring occasionally.
- Remove from heat, and use an immersion (hand) blender to purée the soup, until smooth. You can also do this in a traditional blender or food processor, but it may take 2–3 batches.
- Serve garnished with additional chopped basil, if desired.

SERVING INFO: (Serves 4) 1 1/2 cups = 3 V, 1/2 FT

See recipe photo at [Instagram](#) and [Facebook](#).