

## Cream of Tomato and Basil Soup



### Makes:

11 servings, approximately 1 cup each

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Roaster with Cover  
Blender

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### Recipe:

### Contributed By:

Janet Potts, RD, LD

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$\frac{3}{4}$  cup  
onion, strung, use Cone #2  
(120  
g)

### Directions:

1. Preheat roaster over medium-high heat. When several drops of water sprinkled on pan skitter and dissipate, add onion and sauté until clear. Add garlic and sauté 1 - 2 more minutes. Add water and bouillon cubes. Reduce heat to medium and simmer until bouillon is dissolved. Remove from heat and cool slightly.
2. In blender, process onion mixture until smooth (place towel over top of blender before processing in case liquid splashes). Return mixture to roaster.
3. Process crushed tomatoes in blender until smooth. Add to roaster. Process diced tomatoes in blender until smooth. Add to roaster. Mix in basil, oregano and pepper. Simmer 10 - 20 minutes.
4. Measure 1  $\frac{1}{2}$  cups half and half into a 2-cup measuring cup. Gradually stir in  $\frac{1}{4}$  -  $\frac{1}{2}$  hot tomato mixture into half and half (this is an important step to prevent curdling). Gradually blend this mixture into simmering tomatoes. Repeat with remaining half and half. Serve hot.

### Tips:

- Recipe may be prepared up through step #3, then frozen in quart containers. Once thawed pour into 3 or 4 Quart Sauce Pan and heat. Blend in 1  $\frac{1}{2}$  cups fat-free half and half using the technique in step #4.
- Recipe may be multiplied by 6 and prepared through step #3 in the 16 Qt. Roaster.
- Soup base makes a good pasta sauce.

Nutritional Information per

▼ Serving

**Calories:** 81

**Total Fat:** 0g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 777mg

**Total** 15g

**Carbs:**

**Dietary Fiber:** 2g

**Sugar:** 7g

**Protein:** 4g