

## Tomato Basil Parmesan Soup



### Makes:

8 - 10 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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### Recipe:

### Contributed By:

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Contributing Recipe Editor  
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4 teaspoons  
chicken bouillon granules  
(10  
g)  
1 tablespoon  
honey  
(21  
g)  
1 teaspoon  
salt  
(6  
g)  
1 cup  
campanelle or rotini pasta, optional  
(105  
g)  
1 cup  
heavy cream, warmed  
(240  
mL)  
 $\frac{3}{4}$  cup  
Parmesan cheese, shredded, use Cone #1  
(75  
g)  
 $\frac{1}{4}$  cup  
Italian parsley, finely chopped  
(15  
g)  
salt and pepper to taste

### Directions:

1. Preheat MP5 temperature probe to 250°F/120°C. Add carrots, celery, onions and tomato paste. Cook until softened, approximately 5 minutes.
2. Reduce temperature probe to 160°F/70°C. Stir flour into vegetables; it will have a paste consistency.

3. Add basil, oregano, tomatoes, water, bouillon, honey, salt and pasta, if desired. Stir to blend and cover. Cook for 3 - 4 hours.
4. Remove lid and stir in cream, Parmesan cheese and parsley.
5. Salt and pepper to taste and serve.

Nutritional Information per

▼ Serving

**Calories:** 235  
**Total Fat:** 12g  
**Saturated Fat:** 7g  
**Cholesterol:** 39mg  
**Sodium:** 887mg  
**Total** 27g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 9g  
**Protein:** 7g

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