



# Tomato Soup

4-6 servings

## INGREDIENTS

- 2 medium carrots
- 2 stalks celery
- 2 medium onions
- 1 Tbsp olive oil
- 4 cloves garlic, minced
- 2 28oz cans diced tomatoes
- 2 cups vegetable or chicken broth
- 1 Tbsp salt
- 1/2 tsp pepper
- Optional: milk, heavy cream or sour cream

## DIRECTIONS

1. Roughly chop the carrots, celery and onions into pieces about the same size.
2. In a large, heavy-bottomed pot, heat the olive oil over medium heat. Add the carrots, celery and onion and cook until soft. Add the garlic and cook for another 5 minutes.
3. Add the tomatoes and broth, reduce the heat to medium-low and simmer uncovered until the vegetables are very soft and the tomatoes have cooked down, about an hour.
4. Blend soup until smooth. Add milk or sour cream if desired.



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