

## **Sunday Tomato Soup (for 4-6 + leftovers)**

from Lynne's Sunday Suppers, March 2000

A meal-in-a-bowl inspired by an old southern recipe - it invites improvising. Change the seasonings, finish it off with dollops of yogurt, or shredded cheese.

- 2 medium to large onions
- 1/3 C tightly-packed parsley leaves
- 1 15-oz can chickpeas, rinsed/drained extra-virgin olive oil
- 3 large cloves garlic, minced
- 1/2 C tightly-packed fresh basil leaves
- 1/2 tsp each dried thyme leaves, ground: allspice, cumin + coriander
- Pinch hot red pepper flakes
- 1/2 C dry white wine
- 2 28-oz cans whole tomatoes
- 6-8 C vegetable or chicken broth

**Cook to Cook:** Put the canned tomatoes in a big bowl and ask the children to crush them with their hands - messy, but great fun. I don't like canned crushed tomatoes, because they often contain low-quality tomato paste that can give dishes an unpleasant metallic taste.

1. Mince together the onions & parsley - lightly film bottom of 6-8-qt pot with olive oil. Set over medium high heat, stir in onion mixture, chickpeas, some salt & pepper - sauté till onions are golden.
2. Blend in garlic, herbs and spices. Stir for about a minute or till fragrant. Add wine - cook down to almost nothing. Cook in the tomatoes at a simmer for about 10 minutes or till thick.
3. Add broth, bring to a gentle simmer, partially cover and cook 20-30 minutes. Soup should be thick, but not a stew. Season to taste - serve hot.

### **March's Sunday Suppers Menu**

**Lynne's Menu Introduction**

**Roasted Asparagus-Orange Salad**

**Judy's Best Cornbread**

**Sunday Tomato Soup**