

Creamy Tomato Bisque

Source: *You Say Tomato*

Tomato bisque is a thick soup of vine-ripened summer tomatoes + cream for sweetness. Puree this soup in a blender, rather than a food processor, to give it a velvety texture.

INGREDIENTS:

1 TBS olive oil
1 medium red onion, chopped
8 large ripe red tomatoes, peeled/seeded/chopped
4 C Chicken Stock
1 tsp sugar
1 C heavy cream
Coarse salt + freshly ground black pepper
1/4 C chopped fresh mint

DIRECTIONS:

Heat olive oil in large soup pot over medium-high heat - add onion - cook, stirring occasionally, till soft (about 7 minutes). Add tomatoes, chicken stock + sugar - bring to boil over high heat - reduce heat to medium-low - simmer till liquid is reduced by 1/4 (about 20 minutes) - cool for 10 minutes.

In blender, purée soup in several batches till smooth (2-3 minutes per batch). Strain into clean pot and bring to simmer over medium heat. Turn off heat and stir in heavy cream - season to taste with salt + pepper. Reheat gently over low heat. (This can be made up to 2 days in advance; cover and refrigerate)

TO SERVE: Ladle the soup into bowls and garnish with the fresh mint.

Serves 6

Nutrition Facts: Calories: 239 Fat: 18g Carbohydrates: 15g Cholesterol: 54mg Sodium: 152mg Protein: 7g Fiber: 3g %Cal. from Fat: 68% %Cal. from Carbs: 25%