



SUNNY TOMATO SOUP RECIPE

FROM JESSICA PRENTICE

INGREDIENTS

3 tablespoons coconut oil or butter
1/2 onion, chopped
1 can chopped tomatoes (~14.5 oz)
1/8 teaspoon baking soda
1 bay leaf
1 can coconut milk (~13.5 oz.)
1/2 teaspoon salt, or more to taste
1 teaspoon sucanat, or to taste (optional)
Black pepper to taste (optional)
pinch of cloves to taste (optional)
yogurt (optional) for garnish

PROCEDURE

1. Melt the butter in a small pot over medium-low heat. Add the onion and cook until translucent.
2. Open the can of tomatoes and add the baking soda to the can. Stir it in with a chopstick.
3. Add the tomatoes to the onions and stir.
4. Add the bay leaf.
5. Bring to a simmer and cook for about 5 minutes.
6. Add the coconut milk to the tomatoes in the pan and bring back to a simmer.
7. Remove the bay leaf and puree soup using an immersion blender until smooth.
8. Add salt, sucanat, pepper, and cinnamon or cloves to taste, pureeing them in with the immersion blender.
9. Bring the soup just to a simmer and then remove from heat. Do not allow to boil.
10. Serve as is, or strain through a sieve for a really-smooth texture. 12. Good with a dollop of yogurt on top.

Serves 3