

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Tomato Soup

Adapted from Fawn Christopher's Tomato Soup

2 pounds tomatoes quartered (about 6-8 med.)

1 onion peeled and quartered

2 1/2 cups water plus 2 bouillon cubes (I use Rapunzel brand Vegan Vegetable Bouillon with sea salt and herbs)

1 garlic clove peeled and pressed

1-6 oz. can tomato paste

Put all ingredients in a slow cooker on low for 4-8 hours depending on your day. Let cool for a few minutes and then put in blender.



Add:

2 Tbls. Olive oil

1 Tbls. butter

2 Tbls. fresh basil or 1 Tbls. dried

Salt and pepper

Puree

Then add 2/3 cups silk milk, stir and serve.

To make this yummy soup as a quick and delicious meal this winter, take advantage of all of the wonderful tomatoes that are so abundant right now and do the freezer method.

Freezer Method- Follow directions above but before adding the silk let it cool and put in a freezer bag. Label and date it then lay it flat in the freezer.

To use- remove bag from freezer and thaw in the fridge or put in a pan, low heat it, then add silk. Enjoy this delicious soup all winter long!