

Tomato Soup

3 Tbsp Olive Oil
1 onion - chopped
2 lb. ripe tomatoes
1 garlic clove, roughly chopped
3 cups vegetable stock
2 Tbsp shredded fresh basil or 2 tsp dried basil
 $\frac{2}{3}$ cup coconut milk or other non-dairy milk
Salt and ground black pepper
Whole basil leaves, to garnish

1. Heat Olive oil in a large pan. Add onions and cook gently for about 5 minutes, stirring until the onion is softened but not brown, then add chopped tomatoes and garlic.
2. Add the vegetable stock (and dried basil if you are using dry instead of fresh) and heat to just below boiling point, then either cook on the stove on low for 2-3 hours, or pour slowly into a crockpot and cook on low for 3-4 hours, until tomatoes are tender
3. Let the soup cool for a few minutes, then ladle into a blender or food processor and process until smooth.
4. Pour the soup into a pan, add coconut milk and shredded fresh basil (if you are using fresh instead of dried basil).
5. Heat on low, not allowing the soup to reach boiling point. Check the consistency and add more vegetable stock if needed.
6. Season with salt and pepper, pour into bowls, garnish with fresh basil leaves, and serve.

Recipe by Tara Eyre