



Cream of Tomato Soup

Cream of tomato soup is a comfort food that can be enjoyed warm with a grilled cheese sandwich or cold on a hot summer night.

Ingredients:

- 1 $\frac{3}{4}$ pounds fresh tomatoes or a 28-ounce can of fire-roasted diced tomatoes, undrained
- 1 tablespoon garlic-infused oil
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon thyme, crushed
- $\frac{1}{4}$ teaspoon crushed red pepper flakes (optional)
- 6 tablespoons heavy cream

Procedure:

- Combine tomatoes, water, sugar and spices in the bowl of a blender or food processor and blend until smooth. Stir in heavy cream. Chill until serving. Or, to serve warm, transfer the soup to a medium saucepan and heat gently over medium heat, stirring occasionally, until very warm but not boiling.

Serves: 4

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.