

## *Lisa W's Favourite Tomato Soup Recipe*

*My son Jake loves this soup anytime of year. Add a fistful of crusty Italian bread to dip and watch it disappear!*

### **Ingredients:**

5 lbs fresh (in season) tomatoes or canned whole Roma tomatoes

1 tbsp olive oil

1/2 cup water

1/2 cup fresh basil leaves

1 tsp organic honey

Sea salt and ground pepper to taste

Juice of 1 lemon

### **Directions:**

If using fresh tomatoes:

- 1) Wash tomatoes, remove stems.
- 2) Bring about 6-8 cups of water to boil in a large saucepan. Place whole tomatoes in boiling water long enough to loosen outer skin.
- 3) Once loose, remove tomatoes from boiling water and drop in a bowl of ice water. When tomatoes are cool enough to handle, loosen the skins with your hands or a pairing knife. Quarter the tomatoes and remove the core.

If using canned tomatoes, start at Step 4):

- 4) Heat olive oil on medium heat in a Dutch oven, or large saucepan. Place all tomatoes in the pot. Add 1/2 cup of water. Bring to a boil and reduce the heat. Add fresh basil, cover the pot and let the tomatoes simmer for 30 minutes or until soft, stirring often, and then remove from heat.
- 5) Using a hand blender, blend the mixture until it forms a puree.
- 6) Keep the puree in the saucepan and bring back to a simmer. Stir in honey and lemon juice. Season with salt and pepper.
- 7) For a boost of nutrition, add some spinach leaves to the bottom of the bowl before ladling in the soup, by the time you eat the soup the spinach will be warm, wilted and delicious.