

Tomato Basil Soup

- One 15 ounce can tomato sauce
- One 28 ounce can crushed tomatoes
- 2 cups Dari-Free™ or other non-dairy milk substitute
- 1 large onion, finely diced
- 2 cloves garlic, minced
- 2½ teaspoons dried basil
- 1 tablespoon acceptable oil

Sauté chopped onion in oil over medium to medium high heat until soft and cooked through. Add dried basil and minced garlic and stir constantly for 1 to 2 minutes over medium low heat. Add remaining ingredients and cook over medium heat for 30 minutes to 1 hour. Purée soup in a blender and return to the saucepan.



From the Author

My sons tasted some Tomato Basil soup at our local co-op store and begged me to make some. We had no idea what the ingredients were except for tomatoes and basil.

We kept adding ingredients until it tasted and looked like the soup that they had tried and loved so much!



My children prefer a creamy consistency. If you like chunks of tomato in the soup, then don't purée it. This recipe makes a large quantity good for family gatherings or parties. For a smaller number of guests, this recipe may be cut in half.