

Simple Tomato Soup

Prep Time: 40 minutes, Cook Time: 30 minutes

EQUIPMENT

Gram Scale

Measuring Cups & Spoons

Bowls

Cutting Board

Sharp Knife

Small Knife

Vegetable Peeler

Large Pot & Lid

Saucepan & Lid

Cooking Spoon

INGREDIENTS

13.5 gm	1 TBSP	Olive Oil
97 gm	1 medium	Yellow Onion, raw, finely chopped
97 gm	2 medium ribs	Celery, raw, finely chopped
6 gm	4 large leaves	Basil, fresh, chopped
110 gm	1 large	Carrot, raw, finely chopped
3 gm	1/2 tsp	Salt (divided - ¼ tsp, ¼ tsp)
4 gm	1.5 tsp	Garlic, finely chopped
66 gm	1/4 cup	Tomato Paste, canned
1080 gm	6 large (2.5 lbs.)	Tomatoes, raw, peeled & chopped*
720 ml	3 cups	Vegetable Broth
0.6 gm	1/4 tsp	Black Pepper, ground
Optional garnishes for individual portions (not included in analysis):		
Basil, fresh, chiffonade** (very thin ribbons)		
Red Pepper flakes		
Tomato Concasse*** (peeled, seeded & diced tomato)		

DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe.
2. Wash your hands with soap and water.
3. To peel the tomatoes*: Bring a pot of water to a boil. Set aside a bowl of ice water that will be for the tomatoes after they are done. You only need enough water to cover the tomatoes.
 - a. Rinse the tomatoes, remove the core (cut a small circle around the stem) and slice a "X" on the bottom (not too deep of a cut).
 - b. Once the water is boiling, add the tomatoes for 30 seconds. Then put in the ice water.
 - c. Drain and peel the skin.
4. Chop the peeled tomatoes for the soup. Set aside.
5. Heat the oil in a large saucepan over medium-low heat.
6. Add the onion, celery, carrot and basil.
7. Season with ¼ tsp salt, cover, and cook, stirring occasionally, until softened but not colored, 5 to 7 minutes.
8. Add the garlic and cook for about 1 minute, until aromatic.
9. Stir in the tomato paste and cook for 2 minutes, then add the tomatoes and vegetable broth and season with the salt and pepper.
10. Increase the heat to high and bring to a simmer, then reduce the heat and simmer for 20 minutes to break down the tomatoes and blend the flavors.
11. Working in batches, pour the soup into a blender and blend until smooth (or leave all or part of it chunky if you prefer), returning the soup to a new pan. You can also use an immersion blender or food processor to blend until smooth.
 - a. Be careful with the hot soup.
 - b. Do not overfill the blender or food processor.
12. Enjoy!

Variations:

- You can add a little low-protein unsweetened non-dairy beverage* to make it creamy (recipe test: 1 TBSP unsweetened oat milk + ½ cup tomato soup).
- You can add leftover low-protein pasta*.

*Please note the nutritional analysis will change with the additional ingredient.

Yield: 1660 gm (59.3 oz) [7 1/3 cups]

Number of Servings: 14 servings

Serving Size: ½ cup

Nutrition Facts:

Metabolic Pro# 8309, 6/3/2021

Per Serving:	Per Recipe:
Calories: 35 kcal	Calories: 509 kcal
Protein: 1.1 gm	Protein: 15.7 gm
Carbohydrate: 6.0 gm	Carbohydrate: 88 gm

Phenylalanine: 34 mg	Phenylalanine: 506 mg
Leucine: 37 mg	Leucine: 549 mg

Nutritional analysis based on the products used at the time of analysis. Subject to change.

SOURCES:

- **Oprah's Tomato Soup (slightly modified for the cooking demo):** <https://www.oprah.com/food/basic-tomato-soup-recipe> (accessed 6/3/2021)
- **Safe Recipe Guide:** <https://www.saferecipeguide.org/> (accessed: 6/3/2021)
- **CDC Fruit & Vegetable Safety:** <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html> (accessed: 6/3/2021)
- ***How to peel tomatoes:** <https://www.allrecipes.com/article/how-to-peel-tomatoes/> (accessed: 6/3/2021)
- ****How to chiffonade basil:**
https://www.google.com/search?q=basil+chiffonade&rlz=1C1GCEU_enUS865US865&oq=basil+chi&aqs=chrome..69i59j69i57j0i433l2j0l6.2319j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_oRy5YJWZI8qUsgXGvbboBQ25
(accessed 6/3/2021)
- *****How to make tomato concasse:** <https://www.youtube.com/watch?v=1JPR98HQpDs> (accessed 6/3/2021)