

Creamy Vegan Tomato Soup



PREP TIME:
10 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 2 TBSP Extra Virgin Olive Oil
- 1 Large Red Onion - Diced
- 3-4 Garlic Cloves - Minced
- 3-4 Large Basil Leaves -Chopped
- 1 28 oz. Can Organic Whole Peeled Tomatoes (non-BPA lined)
- 6 oz. Can Organic Tomato Paste (non-BPA lined)
- 14.5 oz Can Diced Fire-Roasted Tomatoes
- 1 Cup Vegetable Broth
- 1 14 oz. Can Full Fat Organic Coconut Milk
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Dried Thyme
- 1 Teaspoon Dried Oregano
- 1 TBSP Nutritional Yeast
- Cracked Black Pepper to Taste
- 1 TBSP + 1 Teaspoon Pure Organic Maple Syrup (reserve this 1 teaspoon for final seasoning)

Equipment:

- Immersion Blender

Instructions:

1. Heat a large soup pot on medium heat. Add olive oil to bottom of pot.
2. Add onion and allow to cook down and soften for 5 minutes.
3. Add garlic and give a stir for about one minute. Then add chopped basil.
4. Next add the following to pot: whole peeled tomatoes, tomato paste, fire-roasted tomatoes, vegetable broth, coconut milk. Stir until combined.
5. Next add seasonings: sea salt, thyme, oregano, nutritional yeast and 1 TBSP maple syrup. Stir until combined.
6. With lid on, allow to simmer for 20 minutes on medium low heat.
7. Remove soup from heat.
8. Place immersion blender in center of pot, submerging grazing bottom. Slowly move around the pot and get all ingredients incorporated until desired consistency achieved.
9. Allow to warm through again for 5-10 more minutes.
10. **Optional Toppings:** Gluten free croutons, fresh basil, dollop of coconut cream, toasted pumpkin seeds.

***Try and use all organic ingredients if possible.**

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