

*From the kitchen of David and Jennifer Deaven*

## Soup/Tomato

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- A: 1T flour  
2T olive oil
- B: 28oz tomatoes, canned whole  
3c garlic
- C: 1T basil  
1t oregano  
1T sugar  
salt and pepper to taste
- D: 1/4C milk (cow, soy, or almond)
1. Heat (A) in a large pot and stir until bubbly.
  2. Add (B) to pot and heat until boiling. Mash down the tomatoes with a potato masher. Simmer 10 minutes.
  3. Remove to blender and puree 1 minute. Return to pot and add (C).
  4. Simmer 10 minutes, then puree again in blender.
  5. Add (D) and simmer 2 minutes. Remove and serve.
- Servings: 6



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