



TOMATO BASIL SOUP

serves 6

3-4 Tbsp. olive oil

6 cloves fresh garlic, chopped

1 large onion, chopped

1 red bell pepper, diced

¼ tsp. red pepper flakes

1/8 tsp. cayenne pepper

Sauté garlic, onion and

pepper in oil until onion is

golden brown. Add spices

and continue to stir fry for 2

min. Place in blender.

5 fresh Roma tomatoes, cut up

2 cans diced tomatoes

3 C. fresh chicken broth

2 6-oz. cans tomato paste

1 Tbsp. crushed basil

Add tomatoes in blender with

chicken broth and puree.

Place in crock pot. Stir in

tomato paste until smooth.

Add basil. Simmer on low for

approximately 4 hours.

Shredded mozzarella cheese

fresh basil leaves (optional)

croutons (optional)

Serve with croutons and

mozzarella cheese.