

THYME (Dried Herb), GARAM MASALA, Basil (Fresh or Dried Herb), Bay Leaf, White Pepper

FRESH TOMATO SOUP



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FEATURING OUR:
GARAM MASALA BLEND

Tomato Soup is one of the best comfort foods, and it is a real treat made from fresh summertime tomatoes. This recipe uses tomato-loving herbs- Thyme, Basil and Bay Leaf- to flavor the soup and then adds the exotic sweet/spicy blend of Garam Masala to provide an extra unique and delicious flavor. Try this soup with your favorite grilled cheese sandwich, crackers or croutons. What a perfect way to enjoy all of those juicy summertime garden fresh tomatoes.

Ingredients

4 lbs Fresh Tomatoes, peeled and deseeded (about 8 cups), with juice*	2 Tblspns Butter
2 medium Onions, chopped	1/4 cup chopped Fresh Basil (or 2 Tblspns dried Basil herb)
1 1/2 cups raw Sweet Potato, chopped**	2 Tblspns Thyme (dried herb)
2 cups Chicken Broth / 4 Garlic Cloves, sliced	2 Bay Leaves / 1 1/2 tsp Garam Masala
1 Tblspn Balsamic Vinegar / 3 Tblspns Olive Oil	1/2 tsp White Pepper / Salt to taste

*I use a variety of different types and sizes of tomatoes- both red and yellow.

** Used to naturally sweeten and thicken the soup. You can also use carrots.

Directions

In a large soup pot, melt the butter and add the oil. Sauté the onions in the butter/oil until just softened. Add the garlic and sauté for another minute. Add the broth, tomatoes, potatoes, vinegar, Basil, Thyme, Bay Leaves, Garam Masala, White Pepper and salt (I used about a tsp) to the pot and then turn the heat to medium. Bring the mixture to a gentle boil, and then reduce the heat so that the soup simmers for about 30 minutes. Once the potatoes are softened, remove the soup from the heat and remove/discard the Bay Leaves. Add any additional salt to taste. Puree the soup with a handheld immersion blender until it is the desired smoothness.

Apple Pie Spice / True (Ceylon) Cinnamon Berry Breakfast Bars



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FEATURING
OUR APPLE PIE SPICE

Three of our favorite summer berries - blackberries, blueberries, and raspberries- are used to make this delicious and easy-to-prepare breakfast bar. Apple Pie Spice, True Cinnamon and a hint lemon perfectly flavor the berries and really complement their tart-sweet juices. Try them as a snack or a breakfast treat. It is a kid favorite and loaded with goodness. Mmm!

Ingredients:

1 cup of each: Blackberries; Raspberries; Blueberries (fresh or frozen)	1 cup flour (Note: can use 3/4 cup gluten-free flour & 1/4 cup flaxseed meal)
1/4 cup granulated sugar	1 cup quick-cooking oats
2 Tblspns water	2/3 cup packed brown sugar
1 Tblspn lemon juice	1/8 tsp baking soda
1 tsp Apple Pie Spice	1/2 cup butter, melted
2 tsp True Cinnamon	1/2 cup chopped walnuts

In a saucepan, combine the berries, water, lemon juice, Apple Pie Spice, and 1 tsp True Cinnamon. Bring to a boil and then simmer (stirring frequently), for about 15 minutes or until slightly thickened. Remove from heat & set aside. In a large bowl, combine the flour, oats, brown sugar, 1 tsp True Cinnamon, and baking soda. Stir in the melted butter and mix until thoroughly combined. Set aside 1 cup of this mixture for the topping. Add the walnuts to the remaining mixture and stir to combine. Press the walnut mixture crust (firmly) into the bottom of a (non-greased) 9 x 9 inch baking pan. Bake the crust in a 350 degree oven for 20 minutes. Pour the berry mixture over the top of the baked crust, spreading it evenly over the crust. Sprinkle the topping mixture over the berries and press it lightly. Return the pan to the oven and bake for 25 minutes or until the top is golden. Cool completely in the pan before cutting it into bars.