



'CREAM' OF TOMATO SOUP

INGREDIENTS:

1 red onion, rough chopped
2 cups of carrots, peeled and rough chopped
3 28 ounce cans of whole ORGANIC tomatoes
1 can of organic coconut milk
salt and WHITE pepper to taste

DIRECTIONS:

In a heavy bottom soup pot, sauté or sweat your carrots and onions until the onions are translucent. You can just use a little water here, instead of an oil. HEALTHY sauté! ♥

Add in the tomatoes, bring to a boil, then reduce the heat to a simmer, and cook until the carrots are fork tender.

Carefully blend the soup using a blender, Vitamix, or handheld. Be careful not to splash hot soup on yourself.

Add the soup back into your pot and stir in the coconut milk.

Adjust the season with salt and white pepper to taste.