

Pantry Tomato Soup



Ingredients:

- 2 teaspoons canola or olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- Salt and pepper
- 2-14 ounce cans diced peeled tomatoes
- 2 tablespoons half and half

Directions:

1. In a medium pot, heat oil over medium-high heat. Add onion and cook about 5 minutes.
2. Add garlic, salt, and pepper and cook around 30 seconds.
3. Add tomatoes and juice and bring to a boil.
4. Reduce to a simmer and cook until onions are soft, about 15 minutes.
5. Transfer to a blender and add half and half. Blend in two batches, if necessary.
6. Blend carefully until smooth.

Note: hot liquids should be blended cautiously. Overfilling a blender with hot liquids may cause hot liquids to splatter.

Makes 2 servings.



Tarrant County Public Health
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