

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Creamy Tomato Basil Soup

Ingredients:

- 1 medium onion chopped
- 2 tsp minced garlic
- 1 28oz can diced tomatoes
- 1 tsp dried oregano
- 1 tsp dried basil or handful of fresh
- 1 tsp apple cider vinegar
- 1 cup vegetable or chicken broth
- ½ cup almond milk or ¼ ½ cup coconut cream
- Salt and Pepper to taste

Directions:

- Heat a large skillet over medium heat with a little coconut oil.
- Add onion and cook until golden, about 5 minutes.
- Stir in minced garlic and cook for another minute. Add the tomatoes, oregano, basil, and apple cider vinegar. Bring to a boil.
- Once boiling, add the broth and almond milk and bring to a boil once again.
- Using an immersion blender, puree the soup until smooth.
- Salt and pepper to taste.