



Garden Fresh Tomato Soup



A quick and easy recipe for real homemade tomato soup like no other you've had before.

Prep: 5 mins

Cook: 30 mins

Total: 35 mins

Servings: 6

Yield: 6 servings



Ingredients

4 cups chopped fresh tomatoes

1 slice onion

4 eaches whole cloves

2 cups chicken broth

2 tablespoons butter

2 tablespoons all-purpose flour

1 teaspoon salt

2 teaspoons white sugar, or to taste

Directions

Step 1

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.

Step 2

In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Nutrition Facts

Per Serving:

80 calories; protein 1.8g 4% DV; carbohydrates 9.4g 3% DV; fat 4.3g 7% DV; cholesterol 11.8mg 4% DV; sodium 742.9mg 30% DV.

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