

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Creamy Tomato Soup w/ Almond Cream**

Inspired by and adapted from a recipe from [Bernard Clayton](#).

Surprisingly rich tomato flavor in this quick and easy winter/spring soup made from canned or even your own frozen tomatoes. Puréed vegetables and almond cream make this tomato soup thick and creamy. Gluten-free and vegan.

Makes 8½-9 cups

Active time: 15 minutes

Total time: 45 minutes

3 tablespoons olive oil (or could use half olive oil, half butter)

2 cups (8-ounces) onion, coarsely chopped

2 cups (10 ounces) carrots, thickly sliced

2 cups (6 ounces) celery, thickly sliced

½ teaspoon salt

42 ounces peeled, whole canned or frozen tomatoes (one 28-ounce can plus one 14.5-ounce can)

2 large sprigs fresh thyme

½ ounce fresh basil

½ cup packed fresh parsley leaves

1 bay leaf

10 twists freshly ground pepper

½ cup slivered almonds

Salt and freshly ground pepper to taste

1. Place a medium soup pot over medium heat. When hot stir in the olive oil (and butter if using it). Add the onion, carrots and celery. Sprinkle with the salt. Cover the pan and cook until the vegetables begin to color and soften, about 15 minutes.
2. Stir in the tomatoes, thyme, basil, parsley, bay and freshly ground pepper. Rinse the cans of tomatoes with 2 tablespoons water and add to the pot. Bring the mixture to a boil. Cover the pan and lower the heat. Let the tomato mixture simmer for about 15 minutes. All the vegetables will be very tender.
3. While the tomato mixture is cooking, prepare the almond cream. Blend together the slivered almonds with 1 cup of water till smooth, about 3-5 minutes depending on your blender.
4. Once the vegetables are tender, remove the fresh thyme sprigs and bay leaf. Use a blender to purée the soup in three batches.
5. Place the puréed soup along with the almond cream into a clean soup pot. Swirl ½ cup water in the blender jar and pour this mixture into the soup. Add additional water if you prefer a thinner soup. Adjust the salt to taste.
6. Serve Creamy Tomato Soup garnished with fresh herbs.