

Dinner

Homemade Tomato Soup

10 Mins
Prep Time

30 Mins
Cook Time

4
Servings

 **178 Calories** **14g Fat** **12g Carbs** **3g Protein**



Ingredients

 **4 Servings**  **40 Mins Total Time**  **Allergens: None**

2 Tbsp Extra Virgin Olive Oil

1 Medium Yellow Onion, chopped

½ Tsp Sea Salt

2 Tbsp Tomato Paste

1 Large Can (28 oz) Whole Tomatoes, with liquid

2 Cups Vegetable Stock

½ Cup Cannellini Beans, rinsed and drained 

2 Tbsp Unsalted Butter

1 Tbsp Brown Sugar

Fresh Ground Black Pepper, to taste

Nourishment Note



Beans

The white beans in this soup a rich, creamy texture. Beans are a great source of fiber and protein, both important to helping you feel your best.

Instructions

1. Heat Oil and Onions

To a large soup pot, warm the olive oil over medium heat until shimmering. Add the onion and salt and cook, stirring occasionally, until the onions are tender and turning translucent, 7 to 10 minutes.

2. Add Tomato Paste

Add the tomato paste and cook, stirring constantly, until fragrant, about 30 seconds.

3. Add Tomatoes and Vegetable Stock

Add the tomatoes and vegetable stock and stir to combine. Increase the heat to medium-high and bring the mixture to a simmer. Cook for 25 minutes, reducing the heat as necessary to maintain a gentle simmer and stirring occasionally.

4. Transfer to a Blender

Remove the pot from the heat and let it cool for a few minutes. Carefully transfer the mixture to a blender, being sure not to fill past the maximum fill line (blend in batches if necessary). Add the beans, butter, sugar and several twists of black pepper. Securely fasten the lid and blend the soup until smooth, being careful to avoid hot steam escaping from the lid.

Recipe adapted from [Cookie and Kate](#)

What You'll Need



Cutting Board



Knife



Can Opener



Large Pot



Spoon



Measuring Spoons



Measuring Cups

RA Cooking Tips

- Ask a friend or family to help prepare this dish.