

Chilled, GF, Lemon, Mushrooms, Tomatoes, Vegetarian

Cold Spiced Mushroom and Tomato Soup

Internet address:

From my friend Pamela James, Ilminster, England



Servings: 4

1. In a large pan heat olive oil and gently saute garlic under a minute - do not brown. Add paprika and cinnamon and stir for a minute over low heat to bloom the spices. Remove from heat and add canned tomatoes, lemon zest, lemon juice and orange juice, the sliced mushrooms and chiles. Add chicken broth (or use vegetable broth). Bring the mixture to a simmer and add tomato paste. Stir well. Cover and simmer for 30-40 minutes until the vegetables are tender.
2. Using a stick blender, puree the soup but still leave some texture. Pour into a storage container, cool, then chill overnight.
3. Spoon soup into bowls and add a large dollop of yogurt or sour cream to each. Garnish with mint leaves and serve.

3 garlic cloves, sliced
5 tablespoons olive oil
1 teaspoon paprika, round up the spoon
1 teaspoon ground cinnamon
14 ounces canned tomatoes, chopped
1 teaspoon lemon zest
1/4 cup fresh lemon juice
1/3 cup fresh orange juice
8 ounces mushrooms, sliced roughly
1 large California green chile, seeded, chopped finely
1 medium pasilla pepper, seeded, chopped
1 tablespoon tomato paste
2 cups low-sodium chicken broth
6 tablespoons Greek yogurt, full fat, if possible, or sour cream

Mint leaves for garnish

Per Serving (excluding unknown items): 253 Calories; 19g Fat (61.4% calories from fat); 8g Protein; 18g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 272mg Sodium; 9g Total Sugars; trace Vitamin D; 86mg Calcium; 3mg Iron; 722mg Potassium; 158mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com