

Tomato Soup (Mike's)

An original recipe from our friend Mike H.



- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 56 ounces canned tomatoes (4 14-ounce cans)
- 4 ounces tomato paste
- 1 quart tomato juice
- 2 tablespoons brown sugar
- 1 1/2 cups fresh spinach, loosely packed
- 1 cup heavy cream, about

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you like basil, you can add a bit of it (about 1/4 cups) along with the spinach.

1. In a large stockpot saute the onion and celery in olive oil until it's turned translucent. Add garlic and saute for another 30 seconds, then add the canned tomatoes, tomato paste, spinach and juice. Bring soup to a boil, reduce heat and simmer for about 45 minutes.
2. Remove pot from heat and puree it, in batches, in a blender. Be careful blending hot soup as it can blow the lid off - use small amounts. Return soup to the pot and reheat.
3. Add brown sugar and stir until dissolved. Add heavy cream, and taste for seasoning. Since tomato products often contain lots of salt, it probably will not need any additional sodium. Serve hot or chilled - it's almost better cold, in my opinion!

Per Serving (excluding unknown items): 292 Calories; 20g Fat (56.5% calories from fat); 6g Protein; 29g Carbohydrate; 6g Dietary Fiber; 54mg Cholesterol; 1157mg Sodium. Exchanges: 4 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.