

Cream of Tomato Soup

Makes 7 cups

- 14 g butter
- 1 medium onion, chopped
- 1 T flour
- 1 liter tonyu or milk

[Note: If using milk, add ½ tsp baking soda to tomatoes. This prevents milk from curdling.

Also: Instead of 1 liter milk, use 240 ml vegetable/chicken stock, 237 ml heavy cream and 240 ml milk and include the liquid from the canned tomatoes]

- 1 bay leaf
- 1 T sugar
- 1½ tsp salt
- 3 C tomatoes (about 2 400 g cans or 5 whole tomatoes)
- 3 T tomato paste
- Fresh basil

1. Melt **butter** in soup pot. Add **onion** and cook over **medium heat**, stirring, until onion is softened but not browned.
2. Sprinkle **flour** over butter mixture and continue to stir and cook for **1-2 minutes** or until light brown.
3. Slowly add the **tonyu**, **bay leaf**, **sugar**, **salt** and **basil** and continue to cook and stir until slightly thickened.
4. Add the **tomatoes** and **tomato paste** to the tonyu and bring to a simmer.
5. Remove from heat and process in blender until smooth.

