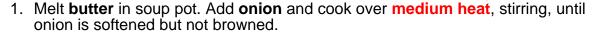
Cream of Tomato Soup

Makes $8\frac{1}{2}$ cups (1 cup = 245 ml)

- 14 g butter
- 1 medium onion, chopped
- 1 T flour
- 1 liter tonvu
- 1 bay leaf

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



- 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.
- [Note: If using milk, add 1/2 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]

Per Cup (240 ml):

• Calories: ~87 kcal

Protein: ~4.5 q

• **Fat**: ~3.8 g

Carbohydrates: ~8.8 g

For the Whole Pot (~8.45 cups):

Calories: ~733 kcal

Protein: ~38 g

• **Fat:** ~32 g

Carbohydrates: ~74 g



Marusan カロリー**45**%**OFF** 調整豆乳 – 100ml = 35 cal