

## Cream of Tomato Soup

Makes 8½ cups (1 cup = 245 ml)



- 14 g butter
  - 1 medium onion, chopped
  - 1 T flour
  - 1 liter tonyu
  - 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
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.
- *[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]*

### ◆ Per Cup (240 ml):

- **Calories:** ~87 kcal
- **Protein:** ~4.5 g
- **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