Cream of Tomato Soup – Version 1

Makes $8\frac{1}{2}$ cups (1 cup = $24\frac{1}{5}$ ml)

- 14 g butter
- 1 medium onion, chopped
- 1 T flour
- 1 liter 7-11 糖質ー75%オフ調整豆乳
- 1 bay leaf
- 1 T sugar
- 1½ tsp Kevala coconut aminos
 800 g canned 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.

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

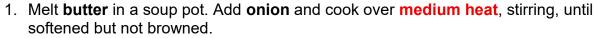
Carbohydrates: ~74 g

Cream of Tomato Soup -Version 2

(reduced sodium)

Yield: ~41/4 cups (1 liter, about 2–3 main servings or 4 small servings)

- Butter 7 g
- Onion, chopped 1/2 medium (60 g)
- Flour $-\frac{1}{2}$ T (4 g)
- 7-11 糖質 75%オフ調整豆乳 500 ml
- Bay leaf 1 leaf
- Sugar ½ T (6 g)
- Kevala coconut aminos 3/4 tsp (3.7 ml)
- Canned chopped tomatoes 400 g (or ~2–3 whole medium tomatoes)
- Tomato paste $-1\frac{1}{2}$ T (25 g)
- Smoked paprika ¼ tsp
- White miso (low-sodium) 2 tsp (added at end, off heat)
- Fresh basil to taste



- 2. Sprinkle in flour and smoked paprika; stir and cook 1-2 minutes until lightly golden.
- 3. Slowly add tonyu, bay leaf, sugar, and coconut aminos. Stir until slightly thickened. Add basil.
- 4. Stir in **tomatoes** and **tomato paste**; bring to a gentle simmer.
- 5. Remove from heat, discard bay leaf, and blend until smooth.
- 6. Off the heat, stir in white miso until fully dissolved (don't boil miso). Adjust consistency with a splash more tonyu if needed.

Nutrition (per 1 cup / 245 ml)

- **Kcal**: ~89 kcal
- Protein: ~4.8 g
- **Fat:** ~3.6 g
 - o Sat. Fat = ~1.5 g
- **Carbs:** ~9.2 g
 - o Sugars = ~5.2 q
- **Fiber:** ~1.9 a
- **Sodium:** ~340 mg (from coconut aminos + miso + natural tomato sodium)
- **Omega-3:** ~0.05 g

Nutrition (Whole Pot ~41/4 cups / 1 liter)

- Kcal: ~380 kcal
- Protein: ~20 g
- **Fat:** ~15 g o Sat. Fat = ~6 g
- **Carbs:** ~39 g
 - o Sugars = ~22 q
- **Fiber**: ~8 g
- **Sodium:** ~1,450 mg
- **Omega-3:** ~0.2 g

