

Cream of Tomato Soup – Version 1

Makes 8½ cups (1 cup = 245 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: ~4¼ cups (1 liter, about 2–3 main servings or 4 small servings)



- Butter – 7 g
- Onion, chopped – 1/2 medium (60 g)
- Flour – ½ 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 – 1½ T (25 g)
- Smoked paprika – ¼ tsp
- White miso (low-sodium) – 2 tsp (added at end, off heat)
- Fresh basil – to taste

1. Melt **butter** in a soup pot. Add **onion** and cook over **medium heat**, stirring, until softened but not browned.
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: 4.8g / Fat: 3.6g / Sat. Fat = 1.5g / Carbs: 9.2g / Sugars = 5.2g / Fiber: 1.9g / Sodium: 340mg / Omega-3: 0.05g

Nutrition (Whole Pot ~4¼ cups / 1 liter)

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

Simple Tomato Soup (Version 3)

シンプルトマトスープ

Serves 2

Ingredients

- 1 can tomatoes (400 g) トマト缶
- 150 ml water 水
- 1 tsp / 6 g olive oil オリーブオイル
- 60 g onion, finely chopped 玉ねぎ
- 2 g salt + MSG blend 塩+MSG
- 0.5 tsp sugar (optional) 砂糖
- Black pepper 黒こしょう
- 80–100 ml soy milk (or milk) 豆乳 (または牛乳)



Instructions

1. Heat **olive oil** over **medium heat**.
2. Add **onion** and cook **4–5 minutes** until soft.
3. Add canned **tomatoes** and **water**; break up tomatoes with spoon.
4. Add **salt + MSG, pepper**, and optional **sugar**; **simmer 10 minutes**.
5. With immersion blender, blend until smooth.
6. Lower heat and add **soy milk** or **milk**; do not boil after adding.
7. Adjust seasoning and serve; optional: add a small drizzle of olive oil.

Variations

- Garlic Version: Add 1 tsp minced garlic with onion.
- Herb Version: Add 0.5 tsp dried basil or oregano.
- Strong Tomato: Reduce water to 100 ml.
- Protein Add: Stir in 1 beaten egg at end (off heat).
- Creamy Version: Use 50 ml cream instead of soy milk.
- Chunky Version: Skip blending for rustic texture.
- Roasted Version: Simmer longer (15–20 min) for deeper flavor.

Nutrition (per serving)

Kcal: 140 | Protein: 5 g | Fat: 5 g | Sat Fat: 1 g | Carbs: 18 g | Sugars: 10 g | Fiber: 3 g | Sodium: 500 mg | Omega-3: 0.2 g

Nutrition (total dish)

Kcal: 280 | Protein: 10 g | Fat: 10 g | Sat Fat: 2 g | Carbs: 36 g | Sugars: 20 g | Fiber: 6 g | Sodium: 1000 mg | Omega-3: 0.4 g