

SOUP CREAM OF TOMATO.

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Preparation Time; 15 Minutes

Cooking Time; 25 Minutes.

This is a small recipe and will only yield 3 to 4 Portions for Adults.

Step # 1 – SPICE PREPARATION

- ½ Tea Spoon of Garlic Powder.
- ½ Tea Spoon of Basil.
- 1 Pinch of Sage.
- ¼ Tea Spoon of **Onion Salt. (Not Onion Powder)**
- ¼ Tea Spoon of Lemon Pepper.
- 1 ½ Tea Spoon of Brown Sugar.
- ¼ Tea Spoon of My Seasoning Salt, or just the plain regular Chicken Seasoning I use to make it.
- 1 Tea Spoon of Cilantro.
- 1 Tea Spoon of Chicken Base Powder, (Low in Sodium)
- 1 **Table Spoon** of Parmesan Cheese.



Place all the above in a small container and put aside for now.

Step # 2 – SOUP PREPARATION.

In a 2 or 4 quart cooking Pot

- 1 Can of Hunts Tomato Sauce **398 ml (Regular)**
- 1 ½ Cup of Mott's Garden Cocktail or Tomato juice or V8.
(All the above Low in Sodium)
- 1 ½ **Cup of Low fat Cream** or (10 % or half and half or milk) What ever you decide to use the quantity must be the same. **Using only 1 ½ cup** will make a very tasty soup since that the spice won't be that much reduced but if you like a milder soup change the quantity from 1 ½ to 2 cups instead. This will reduce the spices and make a milder soup. **(See Instructions below before doing anything)**
- 1 Cup of Instant Stir-Fry Noodles or Vermicelli of your choice. **(Optional)**



METHOD:

Bring the tomato sauce and Juice to a gentle boil, and then add the spice preparation from **step # 1**. Mix well and bring back to a gentle boil again and simmer with a gentle boil for 10 minutes with no cover on.

At this point if you taste the soup you will find it too spicy, it is because the cream or milk is not in the soup yet. When you will add the cream or the milk, this will reduce the spicy taste. The quantity of the spices are balanced so that the soup will taste very good after the cream or milk is added, and not before that.

After that the 10 minutes above are done **add either the cream or the milk** of your choice. **Start with only 1 ½ cup**, mix well and bring to a gentle boil again **for another 10 minutes**. After the 10 minutes are done **then** taste the soup before you pour in more milk or cream. It is easy to add more cream but very difficult to remove. If you put in too much cream or milk the soup will be too mild and then it will be very difficult to add more spice to bring the soup back to what it should be. **Trust me this soup is excellent as it is with 1 ½ cup of Cream**. This allows people to add milk or cream in the soup when you serve it and this way it will be still spicy enough.

After the 10 minutes above are done the soup is ready to be served as it is, or at this point **you can add one cup of Vermicelli of your choice**. I use one cup of **Instant Stir-Fry Noodles** because they cook very quickly and don't inflate and absorb any of the soup. With the Stir-Fry Noodles let the soup simmer with a gentle boil for another 7 minutes then serve. With any other Vermicelli or pasta follow the instructions for cooking on their packages. You could cook the Vermicelli ahead of times and rinse in cold water and put aside until it is time to add it into the soup.

BON APPÉTIT

This recipe can be easily doubled but don't forget that you are using cream or milk so this soup won't keep fresh for very long.