

Tomato Basil Soup



Ingredients

2# vine ripe Florida Tomatoes
2 tbsp. olive oil
½ red onion, diced, about ½ cup
4 cloves garlic, minced
1 cup chicken or vegetable stock (or water), if needed
1 bunch fresh basil, stems removed and shredded thin
½ tsp. dried oregano
¼ cup heavy cream, if desired
kosher salt
ground black pepper

Procedure

1. Bring a large pot of water to a boil. Make a small X on the bottom of each tomato. Plunge the tomato into water for approximately 30 seconds or until the skin loosens around the incision, and then put into ice water. Remove the tomatoes, and peel off the skins.
 2. Cut the tomato in half across the equator and scoop out seeds. Remove core and chop up, reserving any juices that accumulate.
 3. Heat a medium sized non-reactive saucepot over medium high heat. Add onions, and garlic. Sauté until fragrant and starting to slightly brown along the edges.
 4. Add the tomatoes and the accumulated juices.
 5. Add the dried oregano, and ½ of the basil.
 6. Reduce heat to low and simmer for 5-10 minutes, until all ingredients are very tender, stirring often. Add water or stock as necessary.
 7. Season to taste with salt and pepper.
 8. Remove from and using an immersion blender, puree until desired consistency. (alternatively, use a stand blender and puree no more than ½ of the canister at a time.)
 9. Stir in the remaining basil. Adjust seasoning.
 10. Stir in heavy cream if using, or swirl it on top.
- yields approximately 1 quart of soup