



Sidekick Tomato Soup

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



7

CALORIES



109 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 mediterranean bay leaves
- 29 oz tomatoes whole with juice, preferably san marzano or muir glen organic peeled canned
- 2 large carrots
- 1.5 tbsp chives chopped
- 0.5 cup crème fraîche
- 2 large garlic cloves chopped
- 1.5 teaspoons kosher salt divided
- 2 tablespoons olive oil extra-virgin

- 1 tablespoon oregano fresh divided minced
- 0.3 teaspoon pepper flakes red
- 1 large onion yellow finely chopped

Equipment

- pot

Directions

- Heat a large pot over medium-high heat.
- Pour in oil, then add onion, carrots, garlic, 1 tsp. salt, the red pepper flakes, and bay leaves. Cook, stirring occasionally, until vegetables have softened and onion is translucent, 6 to 8 minutes. "It's important to cook your onions before you add liquid. Otherwise they won't melt in a simmering pot; they stay fibrous," advises Smith.
- Add tomatoes, crushing them up with your hands, plus their juice and 2 cans water. "Canned whole tomatoes are usually higher quality than chopped," Conley says. "But chopped are okay in a pinch." Bring soup to a simmer and add half of oregano. Decrease heat to very low and simmer, partly covered, 2 hours. About 20 minutes before soup is done, add remaining 1/2 tsp. salt and the remaining oregano.
- Remove bay leaves and blend soup until smooth.
- Add a bit of water if the soup looks thick, and strain if you want it silky smooth.
- Serve soup topped with crme frache and chives.

Nutrition Facts

■ PROTEIN **6.54%** ■ FAT **57.94%** ■ CARBS **35.52%**

Properties

Glycemic Index:21.98, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:9.6708696432736%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin:

5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 108.51kcal (5.43%), Fat: 7.46g (11.48%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.29g (5.88%), Cholesterol: 9.69mg (3.23%), Sodium: 688.01mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin A: 3740.01IU (74.8%), Vitamin C: 14.54mg (17.63%), Vitamin K: 14.76µg (14.06%), Vitamin E: 1.74mg (11.58%), Vitamin B6: 0.21mg (10.61%), Manganese: 0.21mg (10.33%), Potassium: 354.48mg (10.13%), Fiber: 2.48g (9.94%), Iron: 1.6mg (8.87%), Calcium: 79.09mg (7.91%), Vitamin B2: 0.12mg (6.83%), Vitamin B3: 1.13mg (5.65%), Vitamin B1: 0.08mg (5.55%), Copper: 0.11mg (5.55%), Magnesium: 21.74mg (5.43%), Folate: 20.83µg (5.21%), Phosphorus: 51.2mg (5.12%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.34mg (2.28%), Selenium: 1.03µg (1.47%)