



## Tom's Tasty Tomato Soup with Brown Butter Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black as needed freshly ground plus more
- ☐ 0.3 teaspoon celery seed
- ☐ 3 garlic clove with the side of a knife and peeled smashed
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 2 teaspoons kosher salt as needed plus more
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion thinly sliced
- ☐ 0.3 teaspoon oregano dried fresh finely chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 slices bread crumbs european-style cut into 3/4- to 1-inch cubes (30 to 36 cubes)
- ☐ 1 tablespoon sugar
- ☐ 5 cups canned tomatoes whole canned
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup water

## Equipment

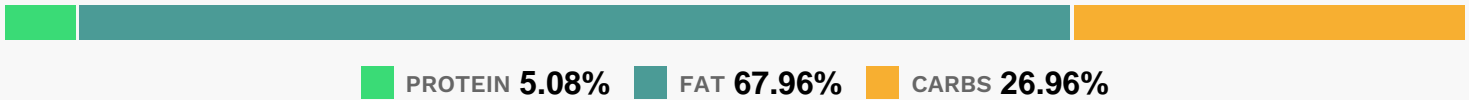
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender

## Directions

- ☐ Heat the butter and olive oil in a large saucepan and sauté the onion and garlic until the onion is translucent, about 5 minutes.
- ☐ Add the tomatoes, water, cream, salt, red pepper flakes, celery seed, oregano, and sugar. Bring to a boil, then lower the heat to a simmer and simmer for 15 minutes.
- ☐ Remove from the heat and puree in batches in the container of a blender. Return the soup to the pot and reheat to a simmer, seasoning to taste with more salt and pepper.
- ☐ Meanwhile, to make the brown butter croutons, preheat the oven to 350°F.
- ☐ Heat the butter in a small pan over medium heat and cook, stirring often, until the butter is golden brown and aromatic, about 3 minutes after the butter melts.
- ☐ Remove from the heat.

- ☐ Put the bread cubes in a bowl and pour the brown butter over them, tossing to coat. Season to taste with salt and pepper and toss again.
- ☐ Spread the bread cubes on a baking sheet and place it in the oven.
- ☐ Bake until the croutons are toasted and golden, about 20 minutes, stirring occasionally.
- ☐ Remove the pan from the oven.
- ☐ Serve the soup hot, garnished with the croutons.
- ☐ From The Dahlia
- ☐ Bakery Cookbook: Sweetness in Seattle by Tom Douglas and Shelley Lance. Photography by Ed Anderson. Copyright © 2012 by Tom Douglas. Published by Harper
- ☐ Collins Publishers.

## Nutrition Facts



## Properties

Glycemic Index:32.68, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:9.1913043571555%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

## Nutrients (% of daily need)

Calories: 287.64kcal (14.38%), Fat: 22.6g (34.77%), Saturated Fat: 12.61g (78.83%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 17.24g (6.27%), Sugar: 12.46g (13.84%), Cholesterol: 44.93mg (14.98%), Sodium: 1123.12mg (48.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 20.6mg (24.97%), Vitamin A: 825.34IU (16.51%), Vitamin E: 2.16mg (14.38%), Vitamin B6: 0.28mg (13.8%), Iron: 2.43mg (13.52%), Potassium: 471.02mg (13.46%), Manganese: 0.24mg (12.03%), Fiber: 2.93g (11.72%), Vitamin B2: 0.18mg (10.76%), Vitamin B3: 2.09mg (10.47%), Calcium: 93.66mg (9.37%), Vitamin K: 9.55µg (9.09%), Vitamin B1: 0.13mg (8.44%), Copper: 0.17mg (8.28%), Magnesium: 29.91mg (7.48%), Folate: 29.46µg (7.36%), Phosphorus: 68.68mg (6.87%), Vitamin D: 0.53µg (3.52%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.44mg (2.97%), Selenium: 1.42µg (2.03%)