



THE J.M. SMUCKER Co

Home-made Tomato Soup

Prep Time Cook Time Serves Difficulty

20 mins 20 mins 6 N/A

Ingredients

- 2 tbsp (30 mL) Vegetable or Canola Oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 2 cloves garlic, chopped
- 2 tbsp (30 mL) **Robin Hood®** All Purpose Flour
- 2 cups (500 mL) chicken or vegetable stock
- 1 can (28 oz / 796 mL) plum tomatoes with juices, coarsely chopped
- 1/4 cup (50 mL) tomato paste
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) pepper
- 1 1/2 cups (375 mL) **Carnation®** Regular or 2% Evaporated Milk, warmed

2% Evaporated Partly Skimmed Milk

- **Garnish:**
- 3 tbsp (45 mL) shredded basil (optional)
- 1/4 cup (50 mL) grated Parmesan cheese

Directions

Step 1:

In a large saucepan, heat oil over medium heat. Add onion, celery, carrot and garlic and cook, covered for 5 minutes, stirring occasionally. Add flour and cook, stirring for 2 minutes.

Step 2:

Add stock, tomatoes, tomato paste, salt and pepper. Bring to a boil, stirring often. Reduce heat to simmer. Cover and cook for 10 minutes, stirring occasionally, until vegetables are tender. Gradually pour in warm evaporated milk. Purée soup with an immersion blender or in batches in food processor. Season to taste. Serve garnished with basil and Parmesan.

Soup can be transferred to a non-metallic container, covered and refrigerated one day ahead. Reheat slowly, stirring often.

Variation - For a more substantial soup (almost main course), add 1 1/2 cups (375 mL) cooked spaghetti or pasta and 1 1/2 cups (375 mL) small cooked meatballs.

Images

