



Creamy Roasted Tomato Soup With Wild Shrimp & Basil

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

518 calories, 23.27 g carbohydrate, 3.4 g fiber, 19.87 g NET carbs, 20.9 g protein, 40.68 g fat

Ingredients

- 1 can Wild Planet Pink Shrimp
- 2 cup(s) Muir Glen Fire Roasted Tomatoes, Diced
- 1/2 cup(s), chopped organic celery
- 1/2 cup(s) chopped onion
- 1/4 cup(s) packed, chopped basil leaves
- 1 tsp freshly ground black pepper
- 2 cup(s) organic chicken stock
- 2 Tbsp(s) avocado oil
- 1 cup coconut milk

Preparation

1. Heat a large saucepan over medium high heat. Add the avocado oil. When shimmering, saute the onions and celery until soft, about 5 minutes.
2. Transfer the celery, onions and roasted tomatoes to a blender or food processor and puree them. Pour pureed vegetables back into the saucepan; add the chicken stock, coconut milk and pepper and bring to a simmer.
3. While the soup is simmering, chop the shrimp and add it to the pot.
4. Add the basil just before serving.

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