



Tomato Buttermilk Soup

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

100.1 calories, 13.72 g carbohydrate, 3.54 g fiber, 10.18 g NET carbs, 4.08 g protein, 4.33 g fat

Ingredients

- 1 medium organic scallion, minced
- 2 cup(s) chopped organic yellow tomatoes
- 12 medium(s) organic red tomatoes, coarsley chopped
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) fresh basil, chopped
- 1 Tbsp organic lemon juice
- 2 tsp(s) fresh ground black pepper
- 1 Tbsp organic extra virgin olive oil
- 1 cup organic buttermilk

Preparation

1. Season the chopped red tomatoes with sea salt and let stand at room temperature for 20 minutes. Add tomatoes to a blender or VitaMix and puree.
2. Strain the puree through a coarse sieve set over a medium bowl.
3. Stir in the buttermilk. Season the soup with pepper and refrigerate until chilled, at least 30 minutes.
4. In a bowl, toss the yellow tomatoes with the basil, scallion, oil and lemon juice.
5. Ladle the soup into shallow bowls. Spoon the yellow tomato salad in the center of each soup.
6. Serve.

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