



Chilled Tomato Soup

Active Time: 20 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

76.7 calories, 12.29 g carbohydrate, 3.81 g fiber, 8.48 g NET carbs, 2.75 g protein, 2.96 g fat

Ingredients

- 1 medium organic scallion, minced
- 12 medium(s) organic red tomatoes, coarsely 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
- 2 cup(s) cherry organic cherry tomatoes (halved)

Preparation

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

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