

MealThymes

Personal Chef Service



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Warm Tomato Bruschetta Soup

Servings: 6

The inspiration for this soup comes from my love for fresh tomato bruschetta during late summer. Warm, vine ripened tomatoes with herbs and seasonings on top of garlic scented bread...delicious. As we get into cooler fall months and want to warm ourselves with the wholesome goodness of soup, the flavors in this one will take us back to lazy summer evenings. The flavor is bold, the soup warms the soul, and best of all, it's a snap to prepare. Enjoy!

Ingredients

12 slices Italian bread, sliced thick on diagonal
4 cloves garlic, cut in half
1/2 cup extra virgin olive oil
1 1/2 each red onion, diced
2 Tbs dried basil
2 Tbs Italian seasoning, dried herb
4 cans organic Italian diced tomatoes, with juice (preferably, no salt added)*
2 cups low sodium chicken stock (or vegetable broth if you want this to be completely vegetarian)*
4 Tbs balsamic vinegar

Method

1. Brush bread slices lightly with olive oil on both sides and toast or grill.
2. Immediately after toasting, rub garlic cloves on each side. Reserve garlic.
3. Heat remaining olive oil in a large saucepan or soup pot over medium-low heat. Saute onions, garlic and dried herbs pieces lightly.
4. Add the tomatoes and stock and cook for 15 minutes.
5. Remove from heat and allow to cool slightly. Stir in balsamic vinegar.
6. Serve warm (not overly hot) with 2 pieces of bread per person. Garnish with fresh basil if available or with grated Parmesan cheese.

**Notes: look for low sodium or "no salt added" chicken stock or broth in the soup section of your local supermarket. Homemade stock is always best, but the Kitchen Basics brand is a good substitute. Canned tomatoes also have a lot of sodium. Look for an organic brand that says "no salt added".*

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