

Spicy Tomato Soup

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

vegetable cooking spray
2 large onions, thinly sliced
1 can (28 ounce) Italian-style tomatoes
3 tablespoons tomato paste
1 teaspoon dried whole thyme
1 teaspoon dried whole basil
1/4 teaspoon pepper
1/2 cup all-purpose flour
1 can (10 3/4 ounce) chicken broth, undiluted
4 3/4 cups water
celery leaves (optional for garnish)

Coat a large Dutch oven with cooking spray. Place over medium heat until hot. Add the onion and saute' over low heat until tender.

Stir in the tomatoes, tomato paste, thyme, basil and pepper.

In a small bowl, combine the flour and broth, stirring until well blended. Add to the vegetable mixture, stirring well. Stir in the water.

Bring to a boil, stirring constantly. Cover and reduce the heat. Simmer 30 minutes, stirring often.

Pour the soup, one-fourth at a time, into the container of an electric blender. Process until smooth.

Return the mixture to the Dutch oven. Cook until thoroughly heated.

Garnish with celery leaves, if desired.

Yield: 10 cups

Per Serving (excluding unknown items): 434 Calories; 3g Fat (5.7% calories from fat); 17g Protein; 86g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 1464mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 0 Fat.