

Creamy Tomato Soup

Ready in only 20 minutes this tomato soup is perfect on a cold winter day.

Prep:
5 minutes

Cook:
15 minutes

Ready In:
20 minutes

Servings:
4



Ingredients

- 1 28oz can diced tomatoes
- 1/2 yellow onion, chopped
- 4 garlic cloves, minced
- 1 cup vegetable broth
- 4 tbsp cashew butter*
- 1 tbsp maple syrup
- 1 tbsp italian seasoning
- 1 tbsp dried basil
- 1/2 tsp ground cayenne (optional)
- 2 carrots, chopped
- 1 medium zucchini, chopped
- Fresh basil for topping

Instructions

- 1 Place a saucepan over medium heat and add a few tablespoons of water or coconut oil to the pan. Add in your minced garlic and onions and saute for 5 minutes.
- 2 Add in the rest of your ingredients (except the cashew butter) and bring to a boil. Once boiling reduce the heat to a simmer, cover and cook for 15 minutes.
- 3 When the soup is done, add in your cashew butter and blend with an immersion blender. Serve with a little fresh basil on top. *you can also sub 1/2 cup full fat coconut milk for the cashew butter.