**Warming Tomato Bisque – RenataCollective.com**

This Warming Tomato Bisque (soup) is super simple to make with ingredients likely already in your fridge and pantry. It has a delicate and delicious flavour.

Tip: always have a large can of diced tomatoes in your pantry – it will come in handy in so many ways!

Not only is it delicious, but it is nourishing and a healthy choice as a first course at dinner, for lunch or for a mid afternoon snack. Full of antioxidant, heart health, eye health, anti-inflammatory, immune support, fiber ingredient. Leftovers reheat perfectly as if made fresh.

Prep Time: 15 minutes / Cook Time: 45 minutes / Makes: 4 generous servings

Ingredients

* 3 Cloves Garlic – chopped
* ¼ Cup Olive Oil – Alternate: Coconut Oil or Grape Seed Oil
* 1 Medium Cooking Onion - chopped
* 1 Large Carrot - chopped
* 2 Stalks Celery - chopped
* 1/3 Cup Flour – Gluten Free or Regular
* 28 oz. Can Diced Tomatoes
* 2 teaspoons Coconut Sugar – Alternate: brown sugar
* 1 teaspoon Dried Basil
* 1 teaspoon Dried Marjoram
* ½ teaspoon Dried Thyme
* ¼ teaspoon Chili Powder
* 1 Herb Bomba - optional
* 4 Cups Veggie Bouillon – Alternate: store bought low sodium vegetable stock
* 1 Cup Oat Milk – Alternate: coconut milk or cream, dairy whole milk or cream
* ½ teaspoon Curry Powder
* 1/8 teaspoon Ground Turmeric
* Pinch of Herbed Seasoned Sea Salt or regular sea salt
* A Few Grinds of Fresh Black Pepper

How It’s Mafe

* Peel and chop the garlic and set it aside so it can create its nutritional magic.
* You are going to make a mirepoix – this is a flavor base for many savory dishes, made from cooking diced vegetables — in butter, oil, or another fat — for a long time on low heat stirring it so that it softens but doesn’t brown too much. Heat the oil over medium-low heat and when hot, add the onion, carrot, celery and garlic. Sauté until veggies are soft, about 5-10 minutes.
* Sprinkle the flour over the mirepoix and give it a stir to mix it in.
* Add in the tomatoes, the coconut sugar, basil, marjoram, thyme, chili powder, the herb bomba if you have one (no worries if you don’t – but make these one day soon as you will use them often in so many savory dishes!) and the veggie bouillon. Give it a good stir.
* Bring the mixture to a gentle boil, reduce heat to a simmer and cover. Let it simmer for 40 -45 minutes, stirring from time to time.
* After the 40-45 minutes, turn off the heat but let the pot stay on the burner. With a hand-held immersion blender, carefully puree the soup until it is very smooth. You can use a regular blender if you don’t have a hand-held immersion blender – let the soup cool for 10 minutes, then with a large measuring cup, pour soup into the blender in stages returning the pureed soup to the pot. Repeat until all the soup is smooth.
* Stir in the oat milk, the curry and turmeric. Stir to incorporate these into the soup.
* Season with the pinch of herbed seasoned sea salt, or plain sea salt, and a few grinds of fresh black pepper. Stir to mix these into the soup.
* Garnish with fresh basil leaves, if you have them, or with a sprinkle of dried basil.
* Serve with a grilled cheese sandwich, a slice of whole grain bread, crackers or on its own.

Enjoy!

Variations

* Add a cup of small pasta, or frozen mini ravioli, to the soup – add a ½ cup of water as well so the pasta doesn’t soak up too much of the bisque.
* Add a cup of cooked rice and let it simmer to heat through.
* Add a handful of baby spinach or chopped kale to the soup and simmer until wilted and soft.
* Add a cup of frozen peas and simmer the soup until the peas are soft and heated through.
* Add a can of drained and rinsed chickpeas or another bean of your choice to the soup and let it simmer to warm the beans through.