

 Prep: 20 minutes

 Cook: 2 hours

 6 servings



Dinner

Healthy

Keto

Lunch

Soup

Low Carb Cream of Tomato Soup

Ingredients

for 6 servings

- 2 large** cans of whole tomatoes
- 2** shallots diced finely
- 1 medium** onion diced finely
- 1 cup** heavy whipping cream
- 2 cups** chicken stock (*unsalted*)
- 1** 1-2 cloves garlic minced
- Salt & Pepper to taste
- 2 Tablespoons** Extra-Virgin Olive Oil
- 2 Tablespoons** butter

Conversion: *No conversion*

Steps

1. In a large heavy-bottomed saucepan sauté shallots and onions in butter and olive oil until transparent and soft.
2. Add tomatoes (break them up by hand into large chunks), stock, cream, garlic, salt & pepper.
3. Bring to a simmer and simmer covered for 2-3 hours stirring occasionally.
4. Check for final seasoning and add salt/pepper to taste. Take a stick blender (or a stand blender) and blend on high speed until smooth and creamy. Be careful with either type of blender as the mixture is VERY HOT and can burn if it splatters.
5. Serve alone or with grilled cheese sandwich on low-carb bread.