

Low Carb Cream of Tomato Soup

Yield: 6 serves | Prep: 20 min | Cook: 2 hr

Ingredients

- 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 ½ cloves garlic minced
- Salt & Pepper to taste
- 2 Tablespoons Extra-Virgin Olive Oil
- 2 Tablespoons butter

Notes

Calories 169, Fat 16.9g, Net carbs 5.2g,
Sugars 2.6g, protein 1.5g

Nutrition

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Instructions

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, 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.

With pot OFF HEAT, add butter and heavy cream. This is important as dairy can split if exposed to high heat. Allow the butter to melt and stir cream until thoroughly blended.

5. Serve alone or with grilled cheese sandwich on low-carb bread.