

VITAMIX TOMATO BASIL SOUP

Serves 4.

By Dennis W. Viau; modified from one of my own recipes.

The Vitamix blender blades spin fast, creating friction, enough to heat and cook soups. This easy soup can be made in a Vitamix jar and then poured into bowls for serving. It has a fresh tomato flavor rather than one of long cooking time on the stove.



Ingredients:

2 cups (480 ml) vegetable stock

1½ to 2 pounds (0.7 to 0.9 kg) fresh roma tomatoes, peeled and seeded

1 clove of garlic, peeled

½ teaspoon salt, more if desired

¼ teaspoon ground black pepper

About 8 leaves fresh basil

Optional: 1 cup (240ml) cream or whole milk

For a bolder tomato flavor, you can add a few tablespoons tomato paste or some (8 to 10) sun-dried tomatoes before cooking.

Directions:

To peel tomatoes, immerse them in boiling water for a few seconds to loosen the skin, then peel. The tomatoes can be cut in half to squeeze out the seeds. The seeds can be strained from the juice and discarded; add the juice to the tomatoes.

Place stock, peeled tomatoes, garlic, salt, pepper, and five basil leaves in the Vitamix container in the order listed and secure the lid.

Select Variable 1 or the Hot Soups program (if available).

Start the machine, slowly increase to the highest speed, and blend for 5 minutes 45 seconds; or start the machine and allow the Hot Soups program to complete. Stop the machine.

Remove the lid plug and add the remaining basil to the container. Blend for 15 seconds at low to medium speed. Taste and adjust for salt.

For cream of tomato soup, add about a cup of cream during the final blending step.