

Bell Nutrition Committee



Tomato Soup

2 Tbsp unsalted butter
2 Tbsp olive oil
½ sweet onion, diced
2 Tbsp dark brown sugar
1 Tbsp tomato paste
Pinch of allspice
2 Tbsp flour
2 Tbsp sherry
2-28oz cans chopped San Marzano plum tomatoes
1 ½ cups chicken stock
½ cup milk
Kosher salt and pepper

Heat butter and olive oil in a large sauce pan over low flame. Add onion and cook to soften, 7-10 minutes.
Add brown sugar, tomato paste and allspice. Cook for 2 minutes to combine. Add flour and stir to dissolve.

Stir in sherry. Gradually pour in tomatoes and chicken stock and stirring continually.

Bring to a boil and simmer for 25 minutes to combine flavors. Remove from heat and let cool slightly.

Puree in blender and transfer to clean pot. Add milk and heat gently. Season with salt and pepper.