



## Highlighting - **Tomatoes**

### **Super Tomato Kale Soup with Pesto Cream**

*Fiber-filled kale adds a healthy lunch punch*

- 1 Tablespoon olive oil
- 2 cups chopped onions (1 large onion)
- 1 garlic clove, minced
- 1/2 teaspoon ground coriander
- 1-1/2 teaspoons basil
- 1/8 teaspoon red pepper flakes or as desired
- 2 Tablespoons tomato paste
- 1 (28 oz.) can whole style tomatoes
- 1 teaspoon granulated sugar
- 2 cups vegetable broth
- 1 Tablespoon Balsamic vinegar
- 6 cups chopped fresh kale
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

**Optional Pesto Cream:**

1/2 cup light cream or whole milk

1/2 Tablespoon basil pesto

**Garnish:** As desired:

grated Parmesan cheese; fresh chopped tomatoes; chopped green onions

**Sweat Onions:** Spread oil in a medium sized soup pot; cook onions to soften about 7 minutes; add garlic, coriander, basil, red pepper flakes, and tomato paste; toss to combine, about 3 minutes.

**Add Tomatoes and Seasonings:** Add tomatoes and sugar; smash tomatoes with potato masher into smaller pieces; stir in vegetable broth; bring soup to a boil; add vinegar, kale, salt, and black pepper to taste; simmer 15 minutes and hot.

**Optional Add-In:** In a small container, stir light cream and pesto to combine; stir into hot soup.

**To Serve:** Serve in small bowls; garnish as desired with a sprinkle of grated Parmesan cheese and some chopped fresh tomatoes and green onions. Yield: about 6 cups

**Cook's Note:** I added the pesto cream to enhance lycopene absorption. "Other foods in your diet may have a strong effect on lycopene absorption. Consuming this plant compound with a source of fat can increase absorption by up to four times"

**About the Recipe:** A fresh tasting tomato soup is easy to make using a can of whole Italian tomatoes to create a thick consistency and season with Italian seasonings. Stir in a generous amount of fresh chopped kale to create a healthy lunch treat. If desired, add some pesto cream for a creamy light tomato soup.

**Cooking Tips:**

- Use a fresh tomato to enhance broth, soup, or sauces
- Tomatoes pair well with citrus ingredients
- Use to balance ingredients with fat like braised pork or buttered veggies
- Use in vinaigrettes and emulsions, round out salad dressings

**Blanching tomatoes:** Cut a tiny score on the top and bottom of whole tomatoes; quickly blanch in boiling water about 20 seconds or skin begins to peel away; immediately transfer them to ice bath; remove tomato skin.

For More Information See: <https://www.farmerjonesfarm.com/blogs/news/health-benefits-of-tomatoes-recipes-and-how-else-to-use-them>

**Healthy Benefits:**

Tomatoes are a good source of several vitamins and minerals, such as vitamin C, potassium, vitamin K, and folate.

Tomatoes provides Lycopene, Beta carotene, Naringenin, and Chlorogenic acid. For More Information See: <https://www.healthline.com/nutrition/foods/tomatoes#benefits>