

FREEDOM HARVEST FARM

Tomato Basil Soup



Ingredients

- 1 Large Onion (chopped)
- 4-5 Fresh Garlic Cloves (minced)
- 3-4 T. Oil
- 1 t. Ground Black Pepper
- 2 T. Real Butter
- 4 T. Flour
- 3 Quarts Canned Tomatoes (in their own juice)
- 1 Quart Tomato Juice
- 2 T. Dried Sweet Basil
- 1/2 C. Fresh Spinach (chopped)

In a large stockpot, add the oil, onion, and garlic. Sauté over medium-high heat until the onions are translucent. Once the onion and garlic are done sautéing, add the black pepper, butter, and flour, mix well until no lumps of flour are present. Add the tomatoes, tomato juice, basil, and spinach. Bring mixture to a low boil, then reduce heat to medium-low and allow soup to heat completely through and thicken up a bit.

Serve with homemade garlic bread, biscuits, cornbread, whole wheat bread, or crackers. More options include a grilled cheese sandwich and raw vegetables.