Creamy Tomato Soup

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Ingredients

1 head of cauliflower, cut into florets

2 tbsp fat-free half and half (okay to substitute coconut, soy, cashew or almond milk)

1 tbsp butter

1 large can of tomato purée (or crushed tomatoes)

1 tbsp tomato paste

1/2 cup chicken broth (or vegetable broth)

1/4 cup wine

1/2 tsp sugar

1 tsp salt

1/2 tsp pepper

1 tbsp olive oil

1 onion, diced

1 red bell pepper, diced

1 garlic clove, minced

3 large basil leaves

Directions

In a large pot add tomato purée paste, broth, wine, sugar, salt and pepper. Heat on low, stirring occasionally.

Steam cauliflower florets until soft. Into a food processor add cauliflower, half and half, and butter.  Blend until nice and smooth.

Add cauliflower purée to the tomato base and continue to stir occasionally.

In a pan, heat olive oil over low-medium. Add onion, bell pepper, garlic and cook until soft.

Blend veggies and basil leaves in food processor.

Add blended veggies to the soup. Turn heat to low-medium and let everything simmer for 30 minutes, stirring occasionally.

Serve and enjoy!