

# BASIL SOUP

15 mins Cook Time: 30-45 mins

## INGREDIENTS

Tomatoes, diced  
Onions, diced  
Garlic, minced  
Coconut Milk  
Fresh Basil, Chopped  
  
Salt & Pepper, to taste

## DIRECTIONS

1. Prepared all of your veggies. I used the entire tomato - skin, flesh, and seeds.
2. In a large pot, heat a tablespoon of olive oil. Sauté onions until they become slightly golden and fragrant. Add garlic sauté for about 1 min.
3. Add tomatoes all at once, let simmer and break up over med-low heat. Cook for about 20-25 min on low.
4. Transfer soup to a food processor or blender and puree it. It should be the consistency of apple sauce.
5. Return tomato mixture to the pot, and simmer. Season with salt and pepper. Slowly stir in milk and simmer for about 2 mins.
6. Add basil, and let simmer for about 20 mins.
7. Serve hot with croutons or grilled cheese. YUM!

