Creamy Tomato Vegetable Soup

Recipe By Brynie Greisman

Cooking and Prep: 1 h 10 m

Serves: 10

Contains:

Preference: Parve
Difficulty: Easy
Diet: Vegan, Gluten Free, Vegetarian, Pescetarian, Low Fat
Source: Family Table by Mishpacha Magazine

Don't be misled by the name. There is no cream in here. You blend half the soup so you end up with a creamy, chunky version. It's totally fat-free, which I love. Don't be turned off by the list of spices. If you have Creole seasoning, use that instead, to taste. I prefer doing it this way because the taste is just right.

Ingredients (19)

Main ingredients

- [ ] **1 and 1/2 tablespoons** chicken soup mix, dissolved in **1 and 3/4 cups** warm water
- [ ] **1 and 1/2 cups** Gefen Tomato Juice
- [ ] **1 cup** water
- [ ] **1 large** sweet potato, diced

- [ ] **2 carrots, sliced in half-circles**
- [ ] **2 stalks celery, sliced**
- [ ] **2 cups** canned diced tomatoes (any leftovers can be frozen for later use)
- [ ] **2 cups** frozen string beans
- [ ] **1 and 1/2 cups** frozen corn kernels
- [ ] salt, to taste
- [ ] pepper, to taste
- [ ] **1/2 tablespoon** paprika
- [ ] **1/2 teaspoon** garlic powder
- [ ] **1/2 teaspoon** onion powder
- [ ] **1/8 teaspoon** cayenne pepper
- [ ] **1/2 teaspoon** oregano
- [ ] **pinch thyme**
- [ ] **pinch sugar** *(optional)*
- [ ] **pesto, for garnish**

Start Cooking

Prepare the Soup

1. In a large pot, combine all vegetables. Season with spices. Bring to a boil and simmer for one hour.

2. Let cool slightly. Remove half the soup from the pot. Blend the remaining soup with a hand blender. It need not be pureed, just blended to small pieces. Return rest of the soup to the pot and stir together well.

3. Serve with a dollop of pesto if desired.

Note:

I prefer using the long string beans here, even though they're partly blended, because their taste is far superior. Also, when serving, you can place a slice of low-fat cheese on top of the soup in a bowl right before serving. Stir to distribute throughout. Delicious. Gives that illusory feeling of eating pizza in a bowl!

Tip:

Freezes well.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.