

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
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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 too

distribute throughout. Delicious. Gives that illusory feeling of eating pizza in a bowl!

Tip:

Freezes well.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.