

Idiot's Kitchen Recipe – Tomato Bisque

Recipe from www.idiotskitchen.com



Ingredients:

- 2 Tablespoons butter
- 1 large onion, chopped
- 1 rib celery, chopped
- 1-2 carrots, peeled & chopped
- 3-4 cloves garlic, peeled & chopped
- ¼ cup flour
- 4 cups (32 oz box) chicken broth (or vegetable broth)
- 2 (28 oz) cans of whole tomatoes, coarsely chopped
- 1 teaspoon sugar
- 2 bay leaves
- ½ -1 teaspoon red pepper flakes
- 3-4 sprigs fresh thyme (or ½ teaspoon dried)
- 3 Tablespoons tomato paste
- ¾ cup milk (2% is fine)
- ¼ cup heavy cream
- Salt & Pepper

Melt 2 Tablespoons of butter over medium high heat in a large soup pot or dutch oven. Add 1 large chopped onion, 1 rib of chopped celery, and 1-2 chopped carrots. Sauté the vegetables for 5 minutes until tender but not browned. Add 3-4 cloves of finely chopped garlic to the vegetables and sauté for 1 minute. Add ¼ cup of flour to the pot and stir to make a roux or paste to thicken the soup.

Pour 4 cups of chicken broth (32 oz box) into the pot and stir until the soup base is smooth and lump free. Open 2 (28 oz) cans of whole tomatoes and drain the juices into the soup pot. Rough chop the tomatoes into large chunks and add them to the soup. Season with 1 teaspoon sugar, 2 bay leaves, ½ -1 teaspoons of red pepper flakes - depending on your taste, and 3-4 sprigs of fresh thyme. Bring the soup to a boil, reduce the heat to low, cover, and simmer for 30-40 minutes.

When the soup has simmered and the vegetables are very tender, remove the bay leaves and any stems from the thyme. Use an immersion blender or regular blender to blend the soup until it is velvety smooth. If you are using a traditional blender, be very careful and work in small batches never filling the blender jar more than half full as hot liquids expand when blending. In addition, keep a kitchen towel and your hand firmly on the lid of the blender.

When the soup is smooth, stir in 3 Tablespoons of tomato paste. Add ¾ cup milk and ¼ cup heavy cream and season to taste with salt and pepper. After adding the milk, keep the heat on low and do **not** let the soup come back up to a boil or it will separate.

Makes 6-8 servings.

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