

Tomato Basil Bisque

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 50 (4oz.) SERVINGS

INGREDIENTS

- ♥ 1 celery stalk
- ♥ 2 onions
- ♥ 5 carrots
- ♥ 1 #10 can whole peeled tomatoes in juice (total of 102 oz.)
- ♥ 10 cloves garlic
- ♥ 3 cups grated parmesan cheese
- ♥ 2 cups 1% milk
- ♥ 1 lb. fresh basil
- ♥ 4 cups vegetable stock

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 8mg	45%
Potassium 277mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

PREPARATION

1. Clean and peel all vegetables!
2. Save all peels and ends for stock, put all waste in pot, cover with water, simmer for 4 hours, strain, save stock liquid
3. Roast peeled garlic in a little extra virgin olive oil in oven for 2 hours at 350°F. Check every 30 minutes to make sure they are not burning
4. Dice celery, onion, and carrots, sauté in a large pot with a small amount of olive oil until tender and cooked through
5. Add the can of tomatoes, add vegetable stock, bring to a boil and then turn down to simmer
6. Add roasted garlic and 8-oz. chopped basil (using hand held blender puree soup to desired texture)
*** If you do not have a hand held wand/blender → put soup in a blender and puree. Be careful if soup is very hot to place a towel over the blender and hold down the lid to prevent it from popping off and making a mess***
7. Add soup back to pot
8. Bring back up to temperature, low simmer, add milk and cheese
9. Stir to combine all ingredients
10. Serve and garnish with fresh chopped basil

Healthy Options.

