

Fresh Tomato Soup

This soup is great when tomatoes are at their peak.

Serves 6

1 large leek, diced ¼ inch
2 large shallots diced ¼ inch
6 cloves garlic, minced
1 rib celery, finely chopped
1 carrot, finely chopped
4 pounds very ripe tomatoes, roughly chopped
1 Tablespoon **Wellness Forum Health's Certainly Not Chicken Broth** heated for 2 minutes with 1 cup water
zest of 1 orange
4 bunches fresh basil leaves, rinsed and patted dry
½ cup pine nuts, toasted
Salt and freshly ground black or white pepper

- In a medium saucepan, over medium heat, sauté the leeks, shallots, celery, and carrots for 8 to 10 minutes until the vegetables are tender. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- Add 4 of the 6 cloves of garlic and cook another minute.
- Add the tomatoes, vegetable stock, and orange zest and cook, covered, about 25 minutes.
- Season with salt and pepper.

- While the soup is cooking, combine the basil leaves, pine nuts and the remaining 2 cloves of garlic, in a blender and process until very smooth.
- Add just enough water to help puree the mixture.
- Season with salt and pepper, to taste and, refrigerate, covered with plastic wrap, until ready to use.

- Remove the soup from the heat and puree, in batches, in a blender.
- Return the pureed soup to a clean saucepan and keep warm over low heat until ready to serve.
- To serve the soup, ladle it into bowls and garnish with the basil puree.