

Spicy Tomato Soup

Preparation time:
50 minutes

Yield:
4 to 6
servings

- 1 Tbs. olive oil
- 1 Tbs. butter (optional)
- 1½ cups minced onion
- 3 to 4 cloves garlic, minced or crushed
- ½ tsp. salt
- 1 tsp. dill (or more, to taste)
- lots of freshly ground black pepper
- 1 1-lb., 12-oz. can "crushed concentrated tomatoes"
- 2 cups water
- 1 Tbs. honey (optional)
- 1 Tbs. mayonnaise or sour cream (lowfat OK)
- 2 medium-sized fresh tomatoes, diced
- for { yogurt
- the { finely minced parsley ^{and} basil leaves
- top { finely minced scallions or chives

- 1) Heat olive oil (plus or minus optional butter) in a kettle or a Dutch oven. Add onion, garlic, salt, dill, and black pepper. Stir over medium heat for about 5 to 8 minutes, or until the onions are translucent.
- 2) Add canned crushed tomatoes, water, and optional honey. Cover and simmer over low heat for 20 to 30 minutes.
- 3) About 5 minutes before serving, whisk in mayonnaise or sour cream, and stir in diced fresh tomatoes. Serve hot, topped with yogurt and freshly minced herbs.