

# 20 Minute Creamy Tomato Basil Soup

#cooking/recipe

#cooking/30 Minutes or Less#

#2019/January#

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20-MINUTE CREAMY TOMATO BASIL SOUP - A Dash of Sanity

## Ingredients

4 cloves garlic, minced  
2 tablespoons minced yellow onion or shallots  
2 tablespoons olive oil  
2 14-ounce cans crushed tomatoes  
1 14-ounce can whole tomatoes  
2 cups chicken broth  
1 teaspoon sea salt  
1 teaspoon sugar  
1/2 teaspoon white ground black pepper  
1/3 cup heavy cream or half-n-half  
4 tablespoons fresh basil - julienned  
parmesan cheese

## Process

In a medium to large saucepan add olive oil over medium heat, sauté garlic and shallots for 3 minutes or until shallots are translucent. Stir in the crushed tomatoes.

Add in the whole tomatoes one at a time, breaking them up by squeezing them as you put them into the pan, make sure to also stir in the juice for from the tomatoes as well. Stir in chicken stock, salt, pepper and sugar until combined then allow it to cook over medium for 10 minutes, stirring occasionally.

Once it has cooked for 10 minutes reduce heat to low and stir in heavy cream and chopped basil. Simmer for a few minute, then serve.

Optional toppings like parmesan cheese, grilled cheese, toasted bread and chopped basil make great additions.

## Nutrition

Servings: 6

Calories: 71cal

Fat: 6g

Carbs: 2g

Protein: 1g