



tomato soup (from a can)

SERVINGS

8

TIME

45 minutes

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1-2 large shallots (or an onion)
- 6 oz can tomato paste
- (2) 28 ounce cans of whole peeled tomatoes with juice
- 4 cups chicken stock
- 1 teaspoon salt
- 1/2 teaspoon pepper
- a bunch of thyme

EQUIPMENT

- Can opener
- Large, heavy pot with a lid
- Liquid measuring cups and measuring spoons
- Spatula
- Cutting board and knife
- Immersion blender or blender

DIRECTIONS

- Open cans of tomatoes and tomato paste.
- Peel shallots and dice into small pieces.
- Heat the butter and olive oil in the pot over medium heat. Once melted, add the shallot and saute for a couple minutes.
- While shallots are sauteing, strip the leaves off of the thyme stems. Hold each stem upright and pull down on the leaves with your fingers.
- Add the tomato paste and stir with a wooden spoon to combine, about 1 minute.
- Add the tomatoes and juice, chicken stock, and thyme leaves. Stir with a wooden spoon to combine.
- Bring the mixture to a boil, reduce heat, and simmer for 20 minutes with lid on.
- Remove from heat.
- Blend soup to your desired consistency with an immersion blender or carefully transfer to a blender.

TIPS TO INVOLVE THE KIDS

- Wash hands and designate an area to get a bit messy!
- Have kids measure ingredients.
- If appropriate, let kids dice the shallot.
- Help kids add all ingredients to the pot at the appropriate time and stir.

EXTRA!

- We like the mild flavor of a shallot, but you can substitute it with an onion.
- If you like garlic, add a couple of cloves! Dice them and add just before the tomato paste.
- Make a grilled cheese and dunk it in your tomato soup!

