



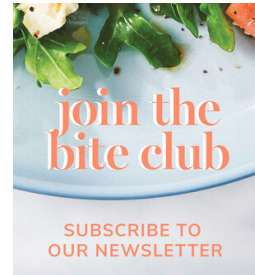
quick & easy tomato soup with parmesan dumplings

Looking for the perfect quick and easy tomato soup recipe? Here it is, a delicious tomato soup that can be made in under 30 minutes, but, don't let the speed fool you. This quick bowl of comfort not only offers up depth of flavor, but also is elegantly topped with Parmesan dumplings to make it a perfect entertaining first course.

SERVES: 6



julie albert & lisa gnat



ingredients

Tomato Soup

- 2 tbsp butter
- 1 large white onion, chopped
- 1 tbsp shallots, chopped
- 1 large garlic clove, minced
- 2 small carrots, peeled and chopped
- 2 small celery stalks, chopped
- 1 small red bell pepper, chopped
- 3 sun-dried tomatoes, not oil-packed, coarsely chopped
- 2 tbsp tomato paste
- 1 tbsp fresh lime juice
- ½ tsp sugar
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- Dash cayenne pepper
- 3 cups chicken broth
- 1 (28oz) can diced tomatoes, undrained

Parmesan Dumplings

- 1/3 cup flour
- 2 tbsp freshly grated Parmesan cheese
- 2 tsp chopped fresh basil
- ¼ tsp baking powder
- ¼ tsp kosher salt
- 1 egg, lightly beaten
- 2 tsp vegetable oil

Thinly sliced fresh basil, for garnish

directions

1. For the soup, in a large saucepan, heat butter over medium heat. Add onion, shallot and garlic, cooking 4-5 minutes until tender. Add carrots, celery, red pepper, sun-dried tomatoes, tomato paste, lime juice, sugar, salt, pepper and cayenne. Cook, stirring occasionally, 4-5 minutes to soften vegetables. Add chicken broth and diced tomatoes. Bring to a boil and then reduce heat to low and simmer 20 minutes. Remove from heat and either puree directly in soup pot using a handheld blender or place half of the tomato soup mixture in a countertop blender. Cover and blend until smooth. Transfer to a large bowl and repeat with remaining tomato soup. Return all of the soup to the saucepan. Reheat when ready to serve.
2. For the Parmesan dumplings, combine flour, Parmesan, basil, baking powder and salt in a medium bowl. In a small bowl, lightly whisk together the egg and vegetable oil. Stir egg mixture into flour mixture with a wooden spoon until combined. Bring a medium pot of water to a boil. Using ½ tsp measuring spoon, drop slightly rounded dough into boiling water. Cook 4 minutes and remove with a slotted spoon. Rinse with cold water and drain well. Serve with soup. Garnish soup with sliced basil.

“Knowledge is knowing the tomato is a fruit, wisdom is not putting in your fruit salad.”

– MILES KINGTON

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