

Slow Cooker Tomato Soup – Makes ~8 servings

<https://www.eminencenutrition.com/slow-cooker-tomato-soup>



Ingredients:

- 2 (28oz) cans Peeled whole tomatoes
- 1 (13-15oz) can Tomato sauce
- 1 (6oz) can Tomato paste
- 1½ cups Homemade veggie broth
 - o See here for recipe: <https://www.eminencenutrition.com/homemade-veggie-broth>
- 3 cloves Garlic, minced
- 1 Onion, diced
- 1 Red bell pepper
- 1½ tsp. Dried oregano
- 1 tsp. Sugar
- ⅓ cup Heavy cream or coconut milk
- ⅓ cup Fresh basil, chopped
- Salt and Pepper to taste
- Parmesan cheese to garnish

Directions

1. Add all the ingredients except for the heavy cream, fresh basil, salt and pepper into a slow cooker.
2. Crush the tomatoes using the back of a spoon.
3. Slow cook on low for ~4-6 hours.
4. Puree with an immersion blender until smooth or desired consistency has been reached.
5. Add the heavy cream (or coconut milk) and fresh basil then season with salt and pepper to taste.
6. Garnish with parmesan cheese.
7. Enjoy 😊