

## Tomato Soup

Itsi Weinstock - adapted from *Serious Eats*

October 17, 2019

### Preparation 1

1. Mince 3 cloves **garlic**.
2. Put 800g **canned whole tomatoes** in a bowl, and add 1 slice of **white bread** in small pieces, crust removed. Mash by hand.
3. Slice 1 small **onion**.

### Cooking 1

1. Bring a pot to medium heat, adding 1 tbsp **olive oil**.
2. Add 1 tsp **dried oregano**, 1/2 tsp **chilli flakes**, 1 tsp **paprika** and 1/2 tsp **smoked paprika**. Fry for 10 seconds.
3. Add **onion** and **garlic**. Cook until the onions are soft, not brown.
4. Add **tomatoes** and 250mL of water. Bring to a boil, then simmer for 5 minutes.
5. Blend with a stick blender until smooth.
6. Blend again, adding 60mL **pumpkin seed oil** and 2 tsp **sesame oil**.
7. Add 1/4 tsp msg, a lot of pepper, and salt.

### Notes

A lot of flavour comes from the choice of oils added at the end. Just using EVOO is a good option, but other flavourful oils work as well. High flavour oils are generally unrefined. E.g. sesame oil, pumpkin seed oil, nut oils, coconut oil and unrefined sunflower seed oil.

### Servings: 2

#### Ingredients:

800g	<b>canned whole tomatoes</b>
3 cloves	<b>garlic</b>
1	<b>small onion</b>
1 slice	<b>white bread</b>
1 tbsp	<b>olive oil</b>
60 mL	<b>pumpkin seed oil</b>
2 tsp	<b>sesame oil</b>
1 tsp	<b>dried oregano</b>
1/2 tsp	<b>chilli flakes</b>
1 tsp	<b>paprika</b>
1/2 tsp	<b>smoked paprika</b>