

Foodnity Recipes

Creamy Tomato Basil Soup with Hidden Veggies

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp butter or olive oil
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 2 large carrots, peeled and chopped
- [ ] 2 cups cauliflower florets
- [ ] 28 oz crushed tomatoes
- [ ] 3 cups vegetable broth
- [ ] 1/2 cup heavy cream or coconut milk

Seasoning & Fresh Bits

- [ ] 1/2 cup fresh basil leaves, packed
- [ ] 1 tsp dried oregano
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and black pepper to taste

Instructions

1. In a large pot over medium heat, melt the butter. Add the diced onion and cook for about 5 minutes until they are soft and clear. Stir in the minced garlic and cook for just another minute—don't let it burn, or it'll turn bitter.
2. Add the chopped carrots and cauliflower florets to the pot. Sauté them for about 5-7 minutes, letting them pick up the flavor of the garlic and butter. This brings out a lovely sweetness.
3. Pour in the crushed tomatoes and the vegetable broth. Stir in the dried oregano. Bring the mixture to a gentle boil, then turn the heat down to low, cover the pot, and let it simmer for 15-20 minutes until the vegetables are very tender.
4. Remove the pot from the heat. Use an immersion blender to puree the soup until it is completely smooth. If you're using a regular blender, work in batches and be careful with the hot liquid.
5. Stir in the heavy cream (or coconut milk), lemon juice, and honey. Add the fresh basil leaves and stir gently. Season with salt and pepper to your liking.

Nutrition per serving

210 kcal	6 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a few extra minutes, try roasting the carrots and cauliflower first for a deeper flavor, similar to a roasted tomato soup recipe.
- For a thinner soup, simply add more vegetable broth during the blending phase.
- Store leftovers in an airtight container; they'll keep for about 4 days in the fridge.