

Foodnity Recipes

Tomato Soup with Honey Mustard

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

Ingredients

The Base

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 cups fresh tomatoes, chopped (or 28 oz diced tomatoes, drained)
- [ ] 1 cup tomato puree
- [ ] 3 cups vegetable or chicken broth

The Creamy Twist

- [ ] 1/4 cup honey
- [ ] 2 tbsp Dijon mustard
- [ ] 1/2 cup heavy cream
- [ ] salt and freshly ground black pepper, to taste

Garnish

- [ ] 2 tbsp fresh basil or parsley, chopped, for garnish

Instructions

1. Start by heating your 2 tbsp olive oil in a large saucepan over medium heat. Toss in that 1 medium onion, diced, and just let it sauté until it's nice and translucent, which usually takes about 5 minutes. It's a lovely, quiet start to the meal.
2. Stir in the 2 cloves garlic, minced. You only need about 30 seconds here—just until it smells fragrant. Be careful not to let it brown too much, oops, we want it sweet, not bitter.
3. Now, add your 2 cups fresh tomatoes, chopped (or 28 oz diced tomatoes, drained), along with the 1 cup tomato puree and 3 cups vegetable or chicken broth. Give it all a good stir to combine.
4. Bring the mixture to a gentle simmer, then turn the heat down to low. Let it cook uncovered for 15 minutes. This is where the flavors really get to know each other and meld together.
5. Take the pot off the heat. Use your immersion blender to puree the soup until it's smooth. Honestly, if you like a little bit of texture, reserve a few spoonfuls of tomato and blend the rest, then just stir those pieces back in.
6. Put the blended soup back on the stove over low heat. Whisk in the 1/4 cup honey, 2 tbsp Dijon mustard, and 1/2 cup heavy cream until everything is fully incorporated and looking velvety.
7. Season it with salt and freshly ground black pepper, to taste. Let it simmer for another 5 minutes. Just keep the temperature just below a boil, yeah, so the cream doesn't curdle on you.

8. This is the part I love—taste it. If you feel it needs a bit more sweetness or a little more sharpness, go ahead and add a pinch more honey or mustard if desired.

9. Remove from the heat and ladle the soup into your favorite bowls. Finish each one with a sprinkle of the 2 tbsp fresh basil or parsley, chopped, for garnish.

10. Serve it while it's hot with a side of warm crusty bread. It's just such a comforting way to end the day.

Nutrition per serving

280 kcal	6 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using an immersion blender saves so many dishes, honestly.
- Keeping the heat low when adding cream prevents curdling.
- Reserving some tomato chunks adds a nice rustic feel to the bowl.