

Easy Creamy Tomato Soup, Gluten Free, Dairy Free, Vegan options, Instant Pot, Stovetop Cooking Methods

Betty Brown, Ayurvedic Practitioner, Holistic Nurse

Instant Pot Cooking Method

Ingredients

- 6 cups organic chicken bone broth (vegetable broth for vegan version)
- 1 (28-ounce) cans San Marzano Whole Tomatoes (see note)
- 3 Tablespoons organic cultured ghee (use coconut oil or olive oil for vegan version)
- 2 stalks of leeks -white portion, chopped
- 2 medium size carrots-chopped
- 2 stalks of celery chopped
- 1 cup diced Japanese sweet potatoes or Korean sweet potatoes
- 1 ½ teaspoons Himalayan salt
- ½ teaspoon ground turmeric
- 1/8 teaspoon each: ground cumin, ground fennel, ground coriander
- ½ cup nutritional yeast
- Optional ½ cup full fat coconut milk, or oat milk
- Optional Topping fresh basil, ghee, or olive oil

Instructions

1. To the pressure cooker pot add all ingredients.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a natural release for 5 minutes, then release any remaining pressure.
4. Blend soup with an immersion blender or a high-speed tabletop blender to get it extra smooth.
5. Add optional coconut milk or oat milk, ghee or olive oil, and basil. Add extra salt and spices to taste.
6. Serve warm, and enjoy!

Stove Top Cooking Method- Use a Non-Reactive Pot

Betty Brown, Clinical Ayurvedic Specialist, Holistic Nurse,
Women's Functional Medicine Clinical Educator
B Well Ayurveda Health Coach, LLC
www.bwellayurveda.com bwellayurveda@gmail.com

Avoid aluminum, cast iron, and copper which are all made of metals that can react with tomatoes and make the soup taste metallic. Non-reactive pots that work well include: Stainless steel, enamel-coated cast iron, ceramic, glass, enamel coated cast iron pot-dutch oven.

1. Heat a nonreactive pot or enameled dutch oven over medium heat. Add ghee then add chopped leeks. Sauté 10 minutes, stirring occasionally, until softened and golden. Add remaining vegetables and sauté for another 7 minutes
2. Add San Marzano Whole Tomatoes their juice, and remaining ingredients and spices. Stir together and bring to a boil then reduce heat, partially cover with lid and simmer for 10 minutes.
 7. Blend soup with an immersion blender or a high-speed tabletop blender to get it extra smooth.
 8. Add optional coconut milk or oat milk, ghee or olive oil, and basil. Add extra salt and spices to taste.
 9. Serve warm, and enjoy!

Note:

When using canned tomato, I prefer San Marzano Tomato products since they are very fresh, and I do not react to them.

Fresh Cherry Tomato Option:
4 cups of fresh cherry tomato
2 Tbs olive oil

Blend in a blender until creamy smooth. Use in place of canned tomatoes.