



# CREAMY TOMATO THYME SOUP

BY FIRE AND EARTH KITCHEN

Serves: 4 Prep time: 10 min Cook time: 15 min

## INGREDIENTS

1 28oz can of tomatoes, dices, crushed, or pureed  
1/2 cup coconut milk  
1 medium onion, diced  
3 cloves garlic, chopped  
1/2 tsp salt (or leave out if canned tomatoes are salted)  
1/2 tsp black pepper  
1 tsp fresh or dried thyme  
1 cup water  
1 tsp olive oil



## DIRECTIONS:

1. In a medium pot heat olive oil on medium low heat, add chopped onion and garlic and saute lightly for 2-3 minutes.
2. Add tomatoes, and all remaining ingredients. Simmer on medium heat, covered, for 10 minutes until heated through and fragrant.
3. Serve as is (chunky) or blend to desired creaminess (recommended), using either an immersion blender, or by transferring to a blender and pureeing in batches. If using traditional blender, be sure to let it cool first.
4. Enjoy!