Thyme for Tomato Soup:

This soup recipe comes from Gourmet Warehouse owner, Caren McSherry's latest cookbook. Caren has been a great supporter of Project CHEF through her annual Chocolate Challenge event. The soup is delicious, nutritious, made from easy to find ingredients and kids love it.

Yield: About 4 - 5 servings
Preparation time: About 30 minutes Cooking Time: About 40 minutes

Ingredients:	Equipment:
● 1 small onion, chopped ● 1 garlic clove, grated with a micro-plane ● ½ cup (125mL) sweet potato, peeled and diced ● 2 Tbsp (30mL) olive oil ● 2 Tbsp (30mL) butter ● 1x 794g (28oz). can tomatoes (San Marzano, if possible) ● 2 cups (500mL) chicken or vegetable stock ● 2 sprigs fresh thyme ● pinch salt and pepper	● Micro-plane ● Small sharp knife ● Vegetable peeler ● Strainer ● Cutting board ● 2 small-sized bowls ● 2 medium-sized bowls ● Wooden spoon ● Large pot or stock pot with lid ● Hand blender or blender ● Ladle

Method:

1. Cut the **onion** in half, from tip to the hairy root and peel it. Slice into 1 cm thick slices then cut each slice into 1 cm wide strips. Place in a medium-sized bowl.
2. Grate the **garlic** using a microplane. (If you don't have this tool, crush the garlic with the bottom of a pot). Add to the onion bowl.
3. Peel the **sweet potato** and cut in half lengthwise (or have an adult do this for you). With the flat side down, cut into 1 cm wide slices then into cubes. Add to the onion bowl.
4. Place a large pot on the stove-top. Turn on the stove to a medium heat. Add the **olive oil** and **butter** and let heat up for a minute. Add the **onion mixture** of vegetables to the pot and cook, stirring frequently, until the onions are yellow and translucent and the sweet potato is soft (about 12 minutes). Cover pot but stir frequently.
5. Add the can of **tomatoes, stock** and **thyme,** pinch of **salt** and **pepper.** Mix together. Cover and simmer for about 20 minutes, stirring every few minutes. Remove from heat.
6. Remove the thyme sprigs and puree using a hand blender. Be very careful of hot soup spattering.

© Project CHEF, 2020
Not to be copied or reproduced without express permission of the author