

# 30-Minute Tomato Bisque Soup

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## **Servings: 4**

*6 tablespoons unsalted butter*  
*1/2 yellow onion, diced*  
*2 cans (14.5 ounce) diced tomatoes*  
*1 teaspoon salt*  
*1/2 teaspoon cracked black pepper*  
*1/4 teaspoon baking soda*  
*1/4 teaspoon dried thyme*  
*1 1/4 cups fresh orange juice*  
*1/2 cup heavy cream*  
*fresh basil (for garnish)*

## **Preparation Time: 10 minutes**

### **Cook Time: 20 minutes**

Melt butter in a large saucepan over medium heat. Add the onion and saute' until translucent.

Add the tomatoes and their juice, the salt, pepper, baking soda and thyme. Bring to a boil. Reduce the heat and simmer, uncovered, about 15 minutes or until slightly thickened.

Using an immersion blender, process until smooth. Alternatively, transfer the contents to a blender and process until smooth.

With the soup over low heat, slowly stir in the orange juice and heavy cream. Season to taste with salt and pepper.

Garnish with fresh basil.

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Per Serving (excluding unknown items): 315 Calories; 29g Fat (79.4% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 635mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 5 1/2 Fat.