



CHUNKY STYLE FRESH TOMATO SOUP

by BJ Reed

A treat for your taste buds, fresh from the garden! Use your favorite garden heirloom tomatoes or best-quality canned tomatoes to make a quick nutritious soup to eat with salads or sandwiches.

Serves 6 **Prep Time** 15 minutes **Cook Time** 30 minutes stove top or 14 minutes pressure cooker

INGREDIENTS

- 8 medium heirloom vine-ripe tomatoes, cored and quartered, for maximum nutrition no need to peel or 2 (28-ounce) cans best-quality whole or diced tomatoes, no salt added
- 3-4 stalks medium celery, diced
- 1 medium onion, quartered
- 1 clove garlic, sliced
- ¼ cup fresh basil, chopped or 1 Tablespoon dried
- 2 cups water or as needed
- 3 Tablespoons nutritional yeast
- 2 Tablespoons tomato paste
- 1 teaspoon dried thyme
- ½ teaspoon poultry seasoning
- ½ teaspoon turmeric powder
- ⅛ teaspoon cayenne pepper



DIRECTIONS

STOVE TOP

In a small amount of vegetable broth, sauté prepared celery, onion and garlic in a soup pot until diced onions are translucent. Add remaining ingredients to a soup pot and stir. Bring to a boil then simmer for 20 minutes. To keep the soup chunky, blend lightly with an immersion blender. Serve soup hot.

PRESSURE COOKER (free standing stove top, 5 quart)

Add all ingredients to the pressure cooker. Cook on medium pressure for 4 minutes. Remove from hot burner and cool for 10 minutes before quick releasing. To keep the soup chunky, blend lightly with an immersion blender. Serve soup hot.



ABOUT THE CHEF

Today, **BJ Reed**, aka Coach BJ, can be found taking creative food photos in her studio or cooking in her kitchen. Previously, she worked in the corporate world as a multimedia and website developer, parlaying those skills to develop eCommerce businesses for 20 years. After embracing a healthy-eating lifestyle over eight years ago, she became a plant-based coach who has published five whole-food, plant-based eCookbooks. She voluntarily

spreads healthy living to her community by presenting Kitchen Make-over techniques, demonstrating cooking skills and gathering food from the fields for The Gleaning Project. For her natural food and natural light photography, her motto is “Just get back to nature.” Find more about her journey, recipes and photos on her blog and website coachbj.com.

Chunky Style Fresh Tomato Soup recipe is featured in Coach BJ’s latest eCookbook available at: smashwords.com/books/view/809246

