

10 MINUTE BASIL SOUP

INGREDIENTS:

- 2 cans of diced tomatoes, 15 oz each (stewed, chopped or even plain tomato sauce would also work)
- ¼ cup finely chopped sweet onion
- 2 medium cloves of garlic, minced, OR ¼ tsp garlic powder
- 12 medium fresh basil leaves OR 1 ½ Tbsp dried basil
- 1 tsp salt
- ½ tsp ground black pepper
- ½ cup heavy cream OR milk (optional)
- 1 ½ cup water

DIRECTIONS:

- Combine all the ingredients except the heavy cream/milk in a medium sauce pan
- Cook over medium-low heat for 5 minutes, stirring, until hot.
- Remove from heat and stir in the cream/milk. (If not using cream or milk, add an extra ½ cup of water.
- Serve warm

MAKES 4 SERVINGS

HOW TO USE DRIED BASIL

Dried basil has a more concentrated flavor than fresh basil. Whenever you use dried basil as an alternative in a recipe that requires fresh basil, use only one-third of the amount called for. The rule of thumb is 1 teaspoon of dried basil = 1 tablespoon of fresh chopped basil

- Dried basil is used to flavor pizza sauce along with other dried herbs like oregano, thyme, etc.
- Sprinkle on salads, pastas or rice
- Make tea: 1 T of dried basil to 1 cup of boiling water. Steep for 30 mins.

HOW TO STORE:

- Dried basil has a maximum shelf life of 6 months
- Store in a cool, dark place away from light and heat