



Tomato Soup with Yogurt & Chili Pepper

Ingredients:

2 tablespoons extra virgin olive oil
1 medium onion, chopped
2 stalks celery, chopped
1 large clove garlic, chopped
6 large ripe tomatoes, chopped
1 serrano pepper, deseeded and chopped
3 tablespoons chopped fresh parsley
2 tablespoons chopped fresh mint
4 cups vegetable stock
1 teaspoon harissa *
Salt and freshly ground black pepper to taste
1 cup plain yogurt (or tofutti non- dairy sour cream) or soy or coconut milk

Directions:

Heat the olive oil in a soup pot over medium heat.
Add the onion and celery and cook for 2-3 minutes or until the pieces have softened.
Add the garlic and cook briefly. Add the tomatoes, serrano pepper, parsley and mint.
Turn the heat to low, cover the pan and cook for 15 minutes.
Add about 1/2 cup of the stock to the vegetables and puree the vegetables in a blender or food processor (or use a hand blender).
Return the ingredients to the saucepan. Stir in the remaining stock and bring the soup to a simmer.

Stir in the harissa and season with some salt and pepper. Cook for 5-6 minutes. Let cool.

Either add the yogurt (or tofutti) and blend it in using a whisk or spoon some on top of the soup.

If using soy or other pareve milk, blend it in.