

CREAMY TOMATO BASIL SOUP

- 3 Tablespoons olive oil
 - 1 ½ cups chopped red onions
 - 2 carrots, unpeeled and chopped
 - 1 Tablespoon minced garlic (3 cloves)
 - 5 large tomatoes, coarsely chopped
 - 1 ½ teaspoons sugar
 - 1 Tablespoon tomato paste
 - 3 cups no-salt added chicken broth
 - 1 ½ teaspoon salt
 - 2 teaspoons freshly ground black pepper
 - ¾ cup heavy cream
 - ¼ cup fresh basil leaves, chopped
 - Croutons (optional)
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1. Heat the olive oil in a large, heavy-bottomed pot over medium-low heat.
2. Add the onions and carrots and saute for about 10 minutes, until very tender.
3. Add the garlic and cook for 1 minute.
4. Add the tomatoes, sugar, tomato paste, basil, chicken broth, salt, and pepper and stir well.
5. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender.
6. Add the cream to the soup and process it through a food processor or blender into a bowl. Reheat the soup over low heat just until hot and serve with fresh chopped basil leaves and/or croutons.

Recipe adapted from *foodnetwork.com*.

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