



## Cream of Tomato Soup

SERVES: 4

Pillar(s) of Nutrition: Eat the Rainbow

### Ingredients

- 2 ½ tablespoons **olive oil**
- ½ cup **celery**, diced
- ½ cup **yellow onion**, diced
- Pinch of ground **cloves**
- 1 ½ teaspoons dried **basil**, crushed between fingers
- 1 (28 oz) cans **tomatoes whole peeled**
- 1 ½ cups **chicken broth or water + chicken bouillon**
  - ⅛ teaspoon **baking soda**
- 1 cup **cream**
- 1 teaspoon kosher **salt** and **black pepper** to taste
- **Tomato paste**, if needed, to bolster flavor

### Substitution and variations

- If not pureeing the soup in a blender, dice the celery and onions very small.
- Have tomato paste in a tube on hand for ease in adding a small amount
- Use dried oregano or thyme in place of the basil
- Add fresh basil

### Something to Chew On

- What ingredients need to be organic in this recipe?
- Can you taste the cloves and basil in the soup?

### Directions

1. Heat the **oil** in a soup pot over medium heat.
2. Add the **celery, onion, cloves** and **basil**.
3. Cook, stirring occasionally, until the **vegetables** are limp, about 5 minutes.
4. Add chicken broth or **chicken bouillon** in 1-1/2 cup of the **water**. Add this along with the **tomatoes** and **baking soda**.
5. Simmer, covered for 20 minutes, stirring often. If the mixture sticks, add a bit more **water**.
6. Let cool briefly then puree in a blender, in batches if necessary. Or use an immersion blender right in the soup pot until the mixture is smooth. OR crush the tomatoes with a spoon and leave chunky
7. Add the **cream** then taste and season with **salt** and **pepper**.
8. If the soup is too thick, thin with water. If the flavor is weak, add a little **tomato paste** and stir well.
9. Reheat and serve piping hot, with a grinding of fresh **pepper** on each bowl.



## Mediterranean Grilled Cheese Sandwiches

SERVES: 4

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein, All in for Whole Grains

### Ingredients

- 8 slices **whole wheat bread**
- 6 tablespoons unsalted **butter**, room temperature
- 12 ounces **mozzarella cheese**, grated or sliced
- 1 cup **spinach** leaves
- ½ cup **Kalamata olives**, optional

### Substitution and variations

- Try different cheeses
- Add tomatoes to the filling

### Something to Chew On

- What and where is the Mediterranean?
- How do olives grow?

1. Onto 4 slices of **whole wheat bread** add 2-3 tablespoons of grated **cheese** or a couple slices.
2. Top the **cheese** with **olives** if you are using them, and some **spinach leaves**.
3. Add more **cheese** on top of the **spinach** and close the sandwich with another slice of **bread**
4. Heat a pan/skillet over medium heat and melt 2 tsp of butter for each sandwich and cook the grilled cheese on one side until lightly browned and the **cheese** is melted, about 2 minutes. Remove each sandwich and melt 2 tsp of butter each for the other side of the sandwich and place the uncooked side on top of the melted butter.
5. Cover the pan for a minute and lower the heat to melt the cheese further and brown the sandwich without burning.
6. Repeat with the remaining sandwich ingredients.