



# Curried Tomato Soup

6 Servings • 1 Serving = 1 ½ Cup

Adapted from 101cookbooks.com

## INGREDIENTS

- 1 Tablespoon olive oil or unsalted butter
- ½ large white onion medium, chopped
- ½ teaspoon salt
- 2 teaspoons curry powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon chile flakes
- 1 (28 ounce) can whole tomatoes
- Optional: ¼ cup half and half or canned coconut milk
- ¼ cup cilantro, chopped
- ¼ cup dry-roasted peanuts

## DIRECTIONS

1. Heat a stock pot over medium heat. Add olive or butter, onions, salt, curry powder, coriander, cumin, and chile flakes. Sweat the onions, stirring occasionally, until onions soften up, about 7-10 minutes. Do not let onions brown.
2. Stir in tomatoes, including the juices from the can, and 3 cups water. Simmer for 15-20 minutes.
3. Turn off heat and let soup cool slightly. Working in batches, puree the soup in a blender or with a hand blender until smooth. Stir in half and half or coconut milk and stir gently until well combined with the tomato base.
4. Garnish with cilantro and peanuts.

## Nutrition Facts

6 servings per container  
Serving size 1 1/2 cups

Amount per serving  
**Calories 100**

% Daily Value\*

Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 520mg	23%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 76mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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