

TOMATO BISQUE SOUP (Keto friendly)

By Dr. Stephen Penney and Dr. Jeff Volek / The Art and Science of Low Carbohydrate Living

6 servings

Ingredients:

1 large onion; sliced in ¼" slices

3 cloves garlic; sliced

2 – 15 oz. cans organic peeled tomatoes

12-15 fresh basil leaves; chopped

¼ cup olive oil

½ tsp. black pepper

4 cups organic chicken bone broth

1 cup heavy cream (or if tolerated, 1 cup canned coconut milk)

Sea salt to taste

Brown onions and garlic in the bottom of a Dutch oven or large stock pot over medium heat. Add tomatoes and basil and stir until well coated. Reduce heat and cover, simmering 12-15 minutes until well incorporated. Take off heat and allow to cool for about 5 minutes. Place mix in blender and blend until smooth.

Rinse pot and place sieve over the edge and strain the blended tomato mix into the pot. Add the remaining broth to the mix and warm over med-low heat until just below boiling.

Remove from heat and whisk in the heavy cream. Add sea salt to taste.

Nutrition facts per serving

Calories: 337 - Protein: 8.1 grams - Carbohydrate: 10.5 grams - Fat: 30.3 grams