



## Smooth and Zesty Tomato Bisque

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

3 tablespoons vegetable oil  
1 cup onion (about 1 medium), diced  
1 cup carrots, diced  
2 stalks celery, diced  
1 cup cauliflower, chopped  
2 tablespoons all-purpose flour  
28-ounce can diced tomatoes (do not drain)  
1 cup tomato juice  
½ teaspoon thyme, dried  
½ teaspoon basil, dried  
½ teaspoon oregano, dried  
Salt and pepper to taste

1. Wash hands and surfaces.
2. In a medium to large saucepan, sweat diced onions, carrots, celery and cauliflower in oil.
3. Add flour to make roux.  
(A roux is a cooked mixture of flour and fat used to thicken this soup.)
4. Add tomatoes, tomato juice and herbs, and simmer for about 20 to 30 minutes or until vegetables are very tender.
5. Blend in saucepan with a hand blender until smooth or pour half soup mixture into a standing blender and puree until smooth. Repeat with other half of soup.
6. Season with salt and pepper to taste.
7. Refrigerate leftovers immediately.

## Nutrition Facts

4 servings per container

**Serving size** (392g)

Amount per serving

**Calories** **210**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 680mg **30%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 105mg **8%**

Iron 1mg **6%**

Potassium 798mg **15%**

\*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.

## Helpful Tips

- Serve with whole-wheat crackers or baked tortilla chips (use the Baked Tortilla Chips recipe.)
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)