



## Smooth and Zesty Tomato Bisque

Servings: 4

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

### Ingredients:

- 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



### Directions:

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.

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### Nutrition Facts

Amount Per Serving

**Calories** 190

Calories from Fat 90

% Daily Value\*

**Total Fat** 11g

**17%**

Saturated Fat 1.5g

**8%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 690mg

**29%**

**Total Carbohydrate** 21g

**7%**

Dietary Fiber 5g

**20%**

Sugars 11g

**Protein** 4g

Vitamin A 130%

Vitamin C 100%

Calcium 4%

Iron 15%

### 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: [agebb.missouri.edu/fmktDir/index.htm](http://agebb.missouri.edu/fmktDir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)

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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 food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)