

Cream of Tomato Soup

100 mL	Whole Milk
125 mL	water
½	Small onion, diced
2	Garlic cloves, minced and pasted
¾	Celery stalk, diced
30 ml	Margarine
15 ml	Flour
200 ml	Diced tomato w/ liquid
80 ml	Crushed tomatoes
125 mL	Tomato sauce
15 mL	Tomato paste
15 ml	Sugar
2 mL	Basil, Chili powder, Seasoned salt, Parsley
1 ml	Garlic powder and paprika
Salt + Pepper to taste: also cajun, cayenne or crushed chilies for those who like it spicy	

Method

1. Mix together the **milk** and **water** in a glass liquid measure. Measure out the flour in a glass custard cup.
2. Dice up the white onion and celery and mince and paste the garlic.
3. In a glass liquid measure put 125 mL of tomato sauce and then 80 mL of crushed tomatoes and 15 mL of paste. Measure out your sugar and add it in. Measure out all your spices and add them in.
4. Pour this mixture into your medium bowl. Then in the same cup measure out the 200 mL of diced tomato. Add this to the medium bowl.
5. In a medium pot, heat the margarine on med high heat. Add the celery, onion and garlic and saute for 2-3 mins. Add the flour and cook for 1 min.
6. Add half of the milk and stir with a wooden spoon and cook for 1 min. Then add the rest of the milk, cook for 2 mins.
7. Add the tomato mixture to the milk mixture in the pot and stir together. Heat for 5 mins.
8. Pour the mixture into the food processor and puree till smooth. Then pour it back into the pot and cook for 5 mins on low heat and adjust the seasonings.