

Nancy's Favorite Tomato Soup

Submitted by: Nancy Goede: Oak Lawn, Illinois

This is a hardy, nutritious soup that is very fast and simple to make, either with fresh ingredients from the garden, or inexpensive items from the supermarket.

Olive oil

3 medium Onions, chopped

3 large Garlic Cloves, chopped

Salt and pepper to taste

½ tsp. Basil

½ tsp. Fennel Seed

½ tsp. Oregano

½ tsp. Thyme

Large bunch of fresh spinach (a cup of defrosted frozen spinach would also work)

2 pounds peeled tomatoes, chopped OR 1-28 oz. can diced Tomatoes

1 small can of tomato paste (about 1/3 cup)

2-14 oz. cans Chicken Broth

½ tsp. Cinnamon

About 4 ounces Goat Cheese

Sautee the onions in olive oil over medium heat, in a pot big enough to hold all the ingredients, covering the bottom of the pot generously with oil. As the onions begin to soften, add in the garlic and all the spices (except the cinnamon). Sautee until the onions are just turning brown.

If you're using fresh spinach, scoop the onions and garlic into a bowl and set aside. Add more oil, and sautee the spinach. Otherwise, add the frozen spinach when you add the tomatoes.

Add the tomatoes, tomato paste, chicken broth, onions and garlic, and stir over low heat. When the soup begins to simmer, add the cinnamon. This soup doesn't need a lot of simmer time to be delicious.

When you serve the soup, sprinkle goat cheese into each bowl. This will serve 4-6 people easily.