

Tomato Basil Soup - 50, 1/2 cup Servings (Vegan)



General Information

| Recipe # | Category | Source |
|----------|--------------|--------|
| 1817329 | Lunch Entree | Local |

Ingredients

| Name | Quantity | + | Quantity |
|--|--------------------|---|----------|
| Canola/ Olive Oil Blend 75/25, USF 990416 | ½ c. | | |
| Onions, yellow, raw, Charlie's Produce | 12 oz. | | |
| Carrots, raw, Charlie's Produce | 12 oz. | | |
| Celery, raw, Charlie's Produce | 12 oz. | | |
| Garlic, minced, shelf stable, USF # 1449453 | 1 oz. | | |
| Tomato Paste, canned, USF # 7718696 | 12 oz. | | |
| Tomatoes, red, ripe, raw, year round average | 7 lbs. | | |
| Vinegar, balsamic | 2 tbsp. | | |
| Vinegar, Red Wine, USF # 9328337 | 2 tbsp. | | |
| Sweetener, syrup, agave | 2 tbsp. | | |
| Salt, Kosher, Fine Ground, 12/3#, USF # 4999470 | 1 tbsp., 1 ½ tsp. | | |
| Spices, pepper, black | ½ tsp. ground | | |
| Spices, red pepper, crushed, 6/12oz, Monarch, 203885 | ¼ tsp. | | |
| Basil, fresh | ½ c. leaves, whole | | |
| Herb Water - Recipe for Culinary Use | 1 qt., 1 pt. | | |
| Water, tap | 1 qt., 1 pt. | | |
| Rosemary, sprig, farm fresh | 9 sprigs | | |
| Parsley, fresh, Italian and Curly, Charlie's Produce | 9 sprigs | | |
| Thyme, sprig, farm-fresh | 9 sprigs | | |
| Spices, bay leaf | 9 leaf | | |

Tomato Basil Soup

| Serving Size | Yield |
|------------------|-------|
| 1/2 cup | 50.00 |
| Cost Per Serving | |
| N/A | |

Nutrition Facts

| | | |
|-------------------------------------|------------|--------|
| Serving Size 1/2 cup (126 gm) | | |
| Amount Per Serving | | |
| Calories | 49.189 | |
| % Daily Value* | | |
| Total Fat | 2.447 gm | 3.764% |
| Saturated Fat | 0.363 gm | 1.817% |
| Trans Fat | 0.000* gm | |
| Cholesterol | 0.000* mg | |
| Sodium | 188.798 mg | 7.867% |
| Total Carbohydrate | 6.720 gm | 2.24% |
| Dietary Fiber | 1.717* gm | 6.87% |
| Total Sugars | 3.858* gm | |
| Includes 0.000 * gm of Added Sugars | | |
| Protein | 1.000 gm | 2% |
| Vitamin A, N/A* mcg RAE | | |
| Vitamin C | 10.662* mg | 17.77% |
| Vitamin D | 0.000* mcg | |
| Calcium | 17.519* mg | 1.752% |

Preparation Instructions

In an 8-quart stock pot, heat the olive oil over medium heat. Add the diced onion, carrots, and celery and cook for 5 to 10 minutes, stirring occasionally, until the onions are translucent. Stir in the minced garlic and continue cooking for 3 to 5 minutes, until fragrant and just beginning to soften.

Add the tomato paste and chopped fresh tomatoes. Cook for 5 to 7 minutes, allowing the tomatoes to soften and the flavors to come together.

While the vegetables are cooking, prepare the Herb Water using the sub-recipe. Once steeped and strained, stir in the balsamic vinegar, red wine vinegar, agave, kosher salt, black pepper, and chili flakes. Add this herb and vinegar mixture to the soup and blend thoroughly using an immersion blender until smooth and emulsified.

Optional: To add basil, puree 1 quart of the prepared soup with ¼ cup chopped fresh basil. Stir this basil slurry back into the full batch just before serving to highlight seasonal garden flavor.

Serve warm, or cool completely before portioning into containers for refrigeration or freezing.

Dates

| Last Updated | Created |
|--------------|------------|
| 06-30-2025 | 06-19-2025 |

| | | |
|-----------|-----------|--------|
| Calcium | 17.917 mg | 17.92% |
| Iron | 0.331mg | 1.841% |
| Potassium | 208.063mg | 4.427% |

Saturated Fat % of Calories

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

| Component | Measurement |
|------------|-------------|
| Red/Orange | 0.5 cups |

Allergens

No Allergens
Not Available

Attributes

Vegan

Added Sugar

Limitations ⓘ

Not applicable.

Edit Recipe