

# Chef Shane Kelly

"Just keep it real, honey!"

## **TOMATO-BASIL SOUP WITH COCONUT MILK**

**Yield: 4 Servings**

Alex loves a good tomato soup and I love to please my man! It's so easy to make and it's loaded full of goodness. If in season be sure to use some of that yummy fresh "summer" basil.

### **Ingredients:**

1 tbsp. butter  
1 tbsp. extra-virgin olive oil  
2 cloves garlic, coarsely chopped  
½ large yellow onion, small chopped  
1 medium carrot, small diced  
2 cups chicken stock  
1 28 oz can diced tomatoes  
½ cup coconut milk with no added sugar\*  
1 tsp. dried basil or 1 tablespoon fresh-chopped basil  
¼ tsp. sea salt and more to taste  
Ground pepper

### **Procedure:**

1. In a 2 quart sauce pan over medium heat melt the butter into the olive oil and add in the garlic, onion and carrot and sauté for 3-4 minutes until the onion is translucent.
2. Add in the stock, tomatoes and dried basil if you're not using fresh and bring to a boil. Then bring the heat down to a simmer, with the lid on cook for another 15 minutes.
3. Add in the coconut milk, fresh basil, salt and pepper and cook for another 5 minutes.
4. After the soup has cooled a bit then puree it using an "immersion blender" \*\*or a blender in batches.
5. Heat it through again and serve with a little Greek yogurt and garnish with a basil leaf...oh so lovely.

\*Canned coconut milk can be found in any grocery store in the "Thai" food section. The "whole fat" version is what you want with no added sugars. You may need to open the can and scoop it into a bowl to whisk because the coconut fat likes to rise to the top in some brands. Coconut fat is so very good for you because it has immune-boosting properties and half of it is burned by your body for energy.

\*\*Immersion Blender – This is an invaluable tool in the kitchen especially when it comes to partially or fully-pureeing a soup or bean stew right in the pot. Most of the immersion blenders come with an attachment so that you can puree dry ingredients as well. I've had mine for years and love it!