

## Creamy Thai Tomato Soup

The Thai reference is actually culinary license on my part but this is a great soup: rich and vivid, yet with the comforting quality of creamy tomato soups. This can be made from scratch quickly and uses ingredients I always have on hand.

*(Serves 6)*

- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon crushed chilies
- 1 medium – large onion, diced (about 3 cups)
- 1 tablespoon freshly crushed garlic
  
- 1 can (28 ounces) crushed tomatoes
- 1 1/2 cups tomato juice (or a 12-ounce can)
- 1 teaspoon salt
- 1 teaspoon minced fresh ginger
- 2 teaspoons fish sauce
- 1 1/2 tablespoons honey
- 1 can (14 ounces) coconut milk (regular, not low-fat)
- 2 tablespoons fresh basil leaves, thinly sliced

1. Heat the oil over medium-high heat in a heavy 5-quart soup pot. Add chilies and onion. Sauté 15 minutes, or until onions are very soft. Add garlic and sauté another minute.
2. Add crushed tomatoes, tomato juice, salt, ginger, fish sauce, and honey. Bring to a simmer, then reduce heat and simmer for about 20 – 30 minutes, stirring now and then. Remove from heat, add coconut milk, and blend thoroughly with whisk or purée. (See note below.) Add fresh basil just before serving.

### **Note:**

- ▶ I like the smooth-textured version of this soup. If you have an immersion blender, purée soup directly in pot. If you use a food processor, purée cooled soup in 2 batches. Return soup to pot and bring to a simmer again. The fresh basil is a grand addition, but the soup is bright enough in color and flavor to stand alone.
  
- ▶ Thai fish sauce is available in most supermarkets but you can substitute a teaspoon of mashed anchovies, or about 1 anchovy. I dice the anchovy finely first, then mash it with the side of the blade until it's a smooth paste.

Excerpted from *Good Food, Great Medicine*. For more information see: [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com)