



RECIPES

Tomato Soup

- 1 cup cauliflower pieces
- ¾ cup chopped leeks
- 3 T. unsalted butter
- 1 large can stewed Roma tomatoes (1 lb. 12 oz.)
- ½ cup whole wheat or barley flour
- 3 cups water
- 3 T. nutritional yeast flakes
- 2 T. Braggs Liquid Amino's
- 1 tsp. cumin powder
- 1/8 (or less) tsp. cayenne pepper
- 1 tsp. marjoram
- 1 bay leaf
- 1 tsp. paprika
- 1 tsp. Real Salt (or to taste)
- ¾ cups water plus
- ¼ cup heavy cream or 1 cup soy or goat milk

Sauté cauliflower and leeks in butter. Sprinkle on the flour. Stirring constantly, add canned tomatoes, water, other ingredients and spices. Bring to boil, then simmer under cover 30 minutes. Remove bay leaf and pour into blender. Puree and add other liquids. Serve warm or chilled.