# Bowl of Health (Tomato-Vegie Soup)

If you're stuck at home sick (or not sick), this is an ideal comfort food, and one of the few vegie dishes I'll make. The technique is sort of like gazpacho, but serve it hot, just like you would tomato soup from a can. It's fantastic, and healthy. Imagine that.

**Ingredients**

28oz can of whole peeled tomatoes (San Marzano if you can get them)
2 medium yellow onions
6 stalks of celery
6 carrots
4 Anaheim peppers
6 cloves garlic
2 tsp oregano chopped fine
2 tsp basil chopped fine
2 tsp sage chopped fine
2 tsp rosemary chopped fine
2 tsp thyme chopped fine
2 tsp ground black pepper
2 tsp kosher salt
1 T Extra virgin olive oil

**Chop the herbs:** Chop fine and set aside. You'll need the cutting board for other things.

**Vegetable Stock:** Roughly chop 1 onion, 2 peppers, all of the celery, 4 carrots, all of the garlic. Put in a stock pot, and just cover the vegetables with water. Add a pinch of salt and a few grinds of pepper. Bring to boil on high heat, the take down to a simmer for at least 1 hour. Transfer to a work bowl and let cool for a bit.

**Tomato base**: In a blender add the tomatoes, herbs, and a pinch of salt. Blend to smooth.

**Chunky bits**: Skip this step if you want a smooth and creamy soup with nothing in it. Chop the remaining onion and peppers. Grate the remaining carrots. In the original pot (which is empty because you transferred the vegie stock to a work bowl), add the olive oil and chopped onion and peppers. Add a pinch of salt. Cook until slightly softened.

**Begin Soup**: Add the pureed tomato mixture.

**Vegie Puree**: In a blender, add the now somewhat cooler vegetable stock mixture. Blend until smooth.

**Complete the soup**: Add the vegie puree to the tomato mixture in the pot. Add the shredded carrots. Stir and let simmer for 30 minutes.

**Serve**: I like oyster crackers. Awesome with a grilled cheese too. Really anyway that you would serve tomato soup works. Note this is VERY filling. We didn't discard any of these vegetables. All that fiber is still in there.

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