

Healthy Tomato Bisque

Prep Time: 25 minutes

Cooking Time: 30 minutes

Yields: 4 servings

Prep Notes: none

Category: Soups & Stews

Source: Inspired by Simply Quinoa

The Ingredients

- 1 large onion, peeled and diced
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- 2 (28 oz) can organic diced tomatoes
- 1 teaspoon Himalayan Sea Salt or my Salt Provence
- 1 teaspoon ground black pepper or 1 drop dōTERRA Black Pepper essential oil
- 1 drop of dōTERRA Basil essential oil
- 1 tablespoon Italian seasoning
- 4-6 cups organic vegetable broth
- 1/2 cup quinoa
- 1 cup almond milk
- Nutritional yeast to garnish



Directions

- Heat the oil in a large sauce pot over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add garlic, salt, pepper, spices and sauté until fragrant and the onions have softened.
- Add the tomatoes to the pot, then add the broth, starting with 4 cups. Rinse the quinoa and pour into the soup. Bring to a boil. Cover and turn down to a low boil for 10-15 minutes.
- Either remove soup from heat (let cool slightly) before transferring to a food processor/blender or use immersion blender, and blend until smooth. Add more water if you want your soup more creamy. If you used food processor or blender, return soup to pot. Stir in almond milk and add your essential oils.
- Serve and sprinkle nutritional yeast on top.