

Moroccan Tomato Soup

Servings: 4

Source: Contributed by Preston Maring, MD — Kaiser Permanente Health & Wellness (kp.org)

This chilled soup is great to make on a hot summer night.

Chilled soups that need little or no cooking are great for summer. This recipe is excellent. It helps to have a food mill but, if you don't, the tomatoes can be skinned and pureed in a food processor or blender.

I follow the Joy of Cooking's advice for removing the skins from tomatoes. Put them in boiling water for 15 seconds to a minute, picking one up now and then to test whether or not the skin is starting to come loose. Then plunge them into ice water and slip the skins off.

The rest of the soup is very easy. The celery gives the soup a pleasing crunch. This goes well with crostini spread thinly with goat cheese.

Ingredients

- 5 medium cloves of garlic, minced
- 2½ teaspoon sweet paprika
- 1½ teaspoon ground cumin
- ⅛ teaspoon cayenne pepper
- 2 tablespoons olive oil
- 2½ pounds tomatoes, cored, and cut into 1" pieces
- ¼ cup packed chopped cilantro leaves, plus extra for garnish
- 1 tablespoon white wine vinegar
- 2 tablespoons fresh lemon juice
- Kosher salt to taste
- 4 stalks celery, diced

Method

1. In a small saute pan, cook the oil, garlic, paprika, cumin, and cayenne for about 3 minutes, stirring constantly.
2. Remove from the heat and set aside.
3. Pass the tomatoes through the large-holed disk of a food mill (or skin and run through a food processor).
4. Stir in the cooked spice mixture, the cilantro, vinegar, lemon juice, about a teaspoon of salt, celery, and 2 tablespoons of water.
5. Adjust the seasoning and chill until cold.
6. Garnish with sprigs of cilantro.

Notes

Nutrition information (per serving): Calories 146, Total fat 8g, Saturated fat 1g, Trans fat 0g, Cholesterol 0g, Total carbohydrate 19g, Dietary fiber 6g, Sodium 342mg, Protein 4g.