

*healthy
southwestern
cooking*



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Soups and Stews

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 = mild  = spicy  = muy caliente

Tomato Bisque



ingredients

1 ½ cups 1% milk
2 tomatoes, diced
1 tablespoon tomato paste
1 teaspoon ancho chile powder
1 clove garlic, minced
1 medium onion, chopped
2 tablespoons masa harina
¼ cup chopped pimientos
2 teaspoons turbinado sugar
1 teaspoon lime juice
½ teaspoon horseradish
1 teaspoon vanilla extract
¼ teaspoon salsa habanero
cilantro salsa (p.46)

Instructions



In a blender, combine milk, tomatoes, tomato paste, ancho chile powder, garlic, and onion. Puree. Add to a Dutch oven or stock pot. After bringing to a boil, reduce to simmer, stirring often for 15 minutes. Remove from heat. Let cool to room temperature.

Strain soup stock into a deep bowl, pushing as much pulp through the sieve as possible. Discard residue from inside of sieve and scrape pulp from the outside into bowl.

Return stock to Dutch oven. Add masa harina, pimientos, sugar, lime juice, horseradish, vanilla extract, and salsa habanero. Bring to a simmer and stir often for 15 minutes.

Refrigerate at least 4 hours or overnight. Garnish with cilantro salsa before serving.

nutritional facts per serving

calories 134♦cholesterol 4mg♦sodium 102mg♦total fat 1.5g♦saturated fat less than 1g♦