

“Better than Campbell’s” Tomato Soup ~ Sarah Roberts

INGREDIENTS

1 can of organic tomato sauce or 1/2 glass jar of strained tomatoes

1 can worth (or equal part if using jarred tomatoes) of almond milk, cow’s milk or water

Pinch of Himalayan Salt

Drizzle of Olive Oil

Tiny Drizzle of pure maple syrup

DIRECTIONS

Place a pot on the stove, and over medium heat, pour in tomato sauce/strained tomatoes.

Add the milk or water and stir well to combine.

Add salt, maple syrup and oil, stirring well until soup reaches desired temperature.

Serve piping hot alongside a grilled cheese sandwich (using a high quality whole grain or gluten-free bread—look for 5 grams of fiber per slice—and organic cheese) and enjoy as a special treat!