

TOMATOE BASIL SOUP & GRILLED CHEESE CROUTONS

Instructor Terra: Tuesday 3-6 Class #2

SKILLS LEARNED

Knife skills
Making measurements

EQUIPMENT

Cutting board
Knife
Peeler
Measuring spoons
Knife for spreading
Soup pot (we used an Instapot but a regular pot can be used)
Sauté pan (to cook grilled cheese)

INGREDIENTS

Soup

1 medium onion, diced
1-2 Tablespoons olive oil
2 Tablespoons tomato paste
4 15 ounce cans stewed tomatoes
3 cups chicken stock
2 Tablespoons flat-leaf parsley, minced
2 Tablespoons fresh basil, minced
Salt and pepper to taste
1 Tablespoon balsamic vinegar
3 Tablespoons basil, minced (for garnish)

Grilled Cheese Croutons

8 slices bread (we used sprouted grain bread from TJs)
4 Tablespoons mayonnaise
4 slices cheese (we used Colby jack and provolone)

Table Toppers

1-3 carrots, peeled & sliced
1 red bell pepper, sliced
1 green bell pepper, sliced

INSTRUCTIONS

Soup

1. Turn on stove to heat soup pot. Once hot add oil, allow oil to heat up, add onion
2. Stir until translucent, about 4 minutes.
3. Add tomato paste, tomatoes, and stock stir thoroughly making sure nothing sticks to bottom.
4. Add salt & pepper as desired, basil and parsley, bring to a boil and then reduce to simmer for 15-20 minutes.



5. Stir in vinegar and use an immersion blender or blender to make smooth
6. Garnish with basil and grilled cheese croutons and served immediately

Grilled Cheese Croutons

1. Turn on sauté pan to medium heat.
2. Spread ~1T mayonnaise on one side of bread and place into pan. Repeat for other 3 slices.
3. Place 1 slice of cheese on each piece of bread.
4. Spread ~1T mayonnaise on another piece of bread and place mayo-side up onto cheese.
5. After about 3 minutes check to see if it is ready to flip. Flip sandwich over when ready and cook other side.
6. Once finished remove from pan and allow to cool for 3-5 minutes.
7. Once cool enough handle cut sandwich into ½ inch cubes.
8. Place into bowls of tomato soup with freshly minced basil and enjoy!