



Tomato Soup

Yield: 3 quarts (12 cups)

Ingredients:

- 2 Tablespoons olive oil
- 1 small white or yellow onion, diced
- 2 – 28 ounce cans diced or crushed tomatoes
- 1 – (28 ounce reserved tomato can) of water
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 2 teaspoon salt
- 1 teaspoon black pepper
- 1 cup milk of choice

Instructions:

1. In a large pot on stovetop heat oil on medium-high heat. Add the diced onion and sweat until soft and translucent, about 5 minutes.
2. When the onions have softened, add basil, oregano, garlic powder, salt, and pepper. Stir to coat, and sauté for 1-2 minutes for dried spices to become fragrant.
3. Pour the cans of tomatoes into the skillet and, using one of the empty tomato cans, add 28 ounces of water. Stir to combine and raise heat to high and bring the soup to a boil.
4. Boil for 2 minutes and lower heat. Simmer for 20 to 25 minutes to thicken and allow flavors to combine.
5. Add milk and stir to combine. Transfer to blender or by using an immersion blender, blend until very smooth. Serve hot garnished with your favorite tomato soup toppings.



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Broccoli Cheddar Grilled Cheese

Yield: Makes 4 Sandwiches

Ingredients:

1 cup frozen broccoli
1 cup shredded cheddar cheese
8 slices whole wheat bread
Cooking Spray

Instructions:

1. Thaw broccoli completely (you can run it under water, if needed) and squeeze out any excess water. Chop broccoli into small pieces and combine chopped broccoli and shredded cheddar in a bowl. Mix well.
2. Heat a non-stick pan or griddle on medium-low heat and cover with cooking spray
3. Working in batches (depending on the size of your pan) lay down the bottom slices of bread, top with $\frac{1}{2}$ cup of the broccoli cheddar mixture, and place the second slice of bread on top. Spray top slice lightly with spray.
4. Toast 2 to 3 minutes on the first side until crisped and flip and toast the second side. Once cooked and toasted, serve warm with hot tomato soup for dipping.