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[Home](#) > Kid-friendly Cream of Tomato Soup



Kid-friendly Cream of Tomato Soup

Mon, 09/17/2012 - 13:50 -- pfrollin

Introduction:

Our picky 10yo likes this radical simplification/alteration of Mollie Katzen's "Variation I on a Cream of Tomato" from her awesome *The Enchanted Broccoli Forest*. Smooth and not herby.

He especially likes operating the immersion blender. :-)

Preparation:

1. Stew tomatoes in a soup pot over medium heat for 15 minutes.
2. Add butter, salt, bone broth, honey.
3. Cover and simmer 30 minutes.
4. Let cool a bit, and stir in cream cheese
5. Adjust seasonings
6. Use immersion blender (or regular one) to puree.

Makes 2 big bowls

Image (optional):

Image credit (optional):

[source](#) [1]

Crops:

[tomato](#) [2]

Dietary Consideration:

[wheat/gluten free](#) [3]

Recipe Type:

[soups & stews](#) [4]

Ingredients:

- 3-4 cups chopped tomatoes (any kind)
- 1T butter
- 1/2 t salt
- 3 T bone broth (optional) <http://kgi.org/blog/pfrollin/chicken-bone-broth> [5]
- 1/3 t honey
- 4 oz cream cheese (organic/no fillers, or sub cream)

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Source URL: <http://kgi.org/recipes/kid-friendly-cream-tomato-soup>

Links:

[1] <https://twitter.com/Pam4RealFood>

[2] <http://kgi.org/crops/tomato>

[3] <http://kgi.org/dietary-consideration/wheatgluten-free>

[4] <http://kgi.org/recipe-type/soups-stews>

[5] <http://kgi.org/blog/pfrollin/chicken-bone-broth>