

# Fresh Tuscan Bruschetta Soup

*Based on a recipe by Cait Johnson*

This soup, based on a traditional Tuscan recipe, is nothing like the tomato soup in a can. It's fast and easy, and chock full of tasty, fresh ingredients. Depending on how spicy you like your food, you can add cayenne (optional) to taste. Freshly sliced bread, lightly toasted, goes on top (or in the bottom of the bowl!) for a bruschetta-like experience.



## Ingredients

- 2 cups chopped yellow onions
- 2 teaspoons balsamic vinegar
- 2 teaspoons maple syrup or agave nectar
- 2 garlic cloves, thinly sliced
- 4 cups ripe tomatoes, chopped, including their juices, or organic canned tomatoes
- 2 cups vegetable stock or low sodium vegetable broth
- Sea salt and freshly-ground black pepper, to taste
- 2 cups fresh basil leaves
- ½ - 1 cup fresh dill (depending on preference)
- 1/8 - ½ teaspoon cayenne, to taste (optional)
- 1 slice fresh, whole-grain bread, lightly toasted, per serving (optional)

## Directions

1. In a large stockpot, cook onions in 1/4 cup water over medium heat for around 5 minutes, stirring occasionally, until onions are translucent. Add vinegar, syrup, and garlic, and continue to cook for 2 minutes.
2. Add tomatoes and their juices. Simmer mixture for 10 minutes, then add broth and return mixture to a simmer. Season with salt and pepper to taste. Tear basil leaves in pieces and add to soup. Add cayenne to taste.
3. Place toasted bread, if using, in the bottoms of individual bowls. Ladle soup on top and serve.

Serves 4 to 8.