

Recipes For Life: Fresh From The Garden Tomato Soup *****

5 Roma tomatoes (halved)
1 large tomato (quartered)
1/4 cup sweet red onion (coarsely chopped)
2 garlic cloves
1 red pepper (quartered and seeded)
1/2 cup fresh basil leaves (or 1/2 teaspoon dried)
1/8 cup fresh dill leaves (or 1/4 teaspoon dried)
1 tablespoon fresh lemon juice
2 tablespoons Extra Virgin Olive Oil
1/8 cup raisins
1/8 cup dehydrated tomatoes (optional)
Celtic or Himalayan Salt (to taste)

Combine above ingredients in Vita Mix or other blender and blend well. Then fold in:

Avocado (pitted & cubed)
1/2 cup fresh corn kernels (use frozen if fresh not available)
1 red bell pepper (seeded and diced fine)
1/2 medium carrot (peeled and shredded fine)

Garnish with finely chopped parsley, serve, and ENJOY