



Creamy Tomato Soup (Vegan)

Puree Diet

Makes 6 cups (48 oz)

Ingredients:

- 1 Tbsp olive oil
- 1 Vidalia onion, peeled, diced (1 cup)
- 2 cloves garlic, sliced
- ½ tsp dried thyme
- 1-27 oz. can diced tomatoes
- 1-16 oz. package silken tofu
- Salt and pepper to taste

Method of Preparation:

1. Gather all the ingredients and equipment.
2. Heat oil in a sauté pan over medium heat. Add onions, garlic, salt, and pepper. Sauté until translucent about 5 min.
3. Pour onions and garlic into blender. Add thyme, tomatoes and tofu.
4. Liquify in the blender.
5. Reheat if necessary. Serve warm.

Puree stage diet friendly reminder

- First week: Start out eating 1 oz. puree food at a time
- Slowly advance up to about 3-4 oz. at a time by week 4

Tips:

This soup stores beautifully and tastes even better the second day. You can keep it in the refrigerator for two to three days. Preparing the full recipe allows for extra portions to be frozen for use later when there isn't enough time to cook. You can stash it in the freezer for up to three months.



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Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN