

## **Sue Guida's Creamy (Non-Dairy) Tomato Soup**

olive oil for sauteeing veggies

1 small onion, chopped

3 garlic cloves, minced

1 28oz can undrained diced tomatoes (Muir Glen is good)

1 can chickpeas, drained and rinsed well

2 cups low-sodium, gluten-free chicken (or vegetable) broth

dried rosemary to taste, chopped (or double the amount fresh),

basil and oregano to taste

2 tea. sugar

freshly ground black pepper, to taste

Heat the oil in you heavy-bottom pot and saute the onions for a couple of minutes, add garlic and sautee a bit more (do not brown). Stir in the tomato and the drained chickpeas; add the broth, herbs and sugar. Bring to a boil, reduce heat and simmer 30 minutes. Cool enough to handle, then puree in blender or food processor in batches until smooth. Return to pot and heat through; season with pepper. Escarole or bitter greens salad makes a nice accompaniment.

Note: Instead of dried rosemary you could add one sprig of fresh and not bother chopping; remove before pureeing soup.

**Escarole Salad** - Wash as much escarole as you want, drain a little, break it up and put in bowl; sprinkle with a little sea salt and black pepper. Pour some EV olive oil over escarole. Just as you're sitting down to the table and NOT before that, squeeze fresh lemon juice over the salad. EAT. (The lemon juice cuts the bitterness of the escarole just a bit.) - *Sue Guida*-