



Creamy Tomato Artichoke Soup

Savannah · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

This tomato artichoke soup is a comforting blend of canned tomatoes artichoke hearts roasted red peppers and a touch of half and half and Parmesan cheese for a big boost of flavor

Ingredients

- - 2 tablespoons olive oil - 1 small onion
- chopped - 3 cloves garlic
- chopped - 1 (15 ounce) can artichoke hearts
- drained and chopped - 1 (15 ounce) can Italian-style diced tomatoes - 1 cup vegetable broth - ½ cup chopped roasted red bell peppers - 1 teaspoon dried basil - 1 teaspoon herbes de Provence - salt and ground black pepper to taste - ¾ cup nonfat half-and-half - ½ cup grated Parmesan cheese

Instructions

1. Heat olive oil in a soup pot over medium heat. Add onion and garlic; cook and stir until softened
2. about 5 minutes. Add artichoke hearts
3. tomatoes
4. vegetable broth
5. bell peppers
6. basil
7. and herbes de Provence; season with salt and pepper. Reduce the heat
8. cover
9. and simmer until flavors combine
10. about 20 minutes. Use a slotted spoon to transfer artichokes
11. tomatoes
12. and bell peppers to a blender; purée until smooth. Add half-and-half to the pot; stir to combine with broth. Slowly stir in puréed vegetables until blended. Stir in Parmesan cheese just before serving.