

## *Italian Tomato Soup*

*Serves 4-8 | Prep time: 5 minutes | Cook time: 20-25 minutes*

2 tablespoons olive oil  
½ large yellow onion, diced  
½ teaspoon dried oregano  
2 cloves garlic, chopped  
1 teaspoon sea salt (½ teaspoon if stock is salted)  
½ teaspoon ground black pepper

2 cups vegetable stock  
2 cups diced tomatoes (fresh if available)

1 cup ricotta cheese (organic fat free)  
4 tablespoons fresh chopped basil  
2 T olive oil

1. Heat a large pot over medium heat.
2. Add olive oil and onion. Sauté until onions begin to become translucent.
3. Add oregano, garlic, salt and pepper and sauté a minute longer.
4. Add vegetable stock and tomatoes.
5. Puree with a hand blender.
6. Simmer for 12 minutes.
7. Add ricotta and cook on low heat for 2-3 minutes.
8. Add basil and olive oil, stir and eat!