

Chocolatey-Rich Tomato Soup

yields approx. 6 – 8 servings

Ingredients:

2 tbs. extra virgin olive oil

2 tbs. unsalted butter

1 onion, diced

3 cloves garlic, minced

2 carrots, peeled and diced

2 celery stalks, diced

1 cup sun-dried tomatoes, sliced

kosher salt and freshly ground pepper to taste

1 – 3 tbs. harissa (North African Chili Paste)

2 tsps. paprika

2 tsps. ground cumin

1 tsp. ground coriander

½ - ¾ cup dry sherry or white wine

1 – 28 oz. can diced tomatoes

4 cups chicken broth

¼ cup cilantro, chopped

¼ cup Italian parsley, chopped

3 – 4 oz. bittersweet chocolate

honey to taste

queso fresco, goat cheese, or crème fraiche to garnish

Instructions:

- Heat oil and butter in a stockpot over medium-high heat until butter melts.
- Add onion and sauté until translucent, approx. 5 mins.
- Add garlic, carrots, celery, and sun-dried tomatoes.
- Season with salt, pepper, harissa, paprika, cumin, and coriander.
- Sauté for a couple of minutes to toast spices and soften vegetables.
- Add wine and continue cooking on high until all the liquid has evaporated.
- Add tomatoes and chicken broth.
- Bring to a boil.
- Cover and reduce heat to a simmer.
- Cook for 45 mins. or until the vegetables are tender.
- Pass soup through a food mill to puree (hand-held blender works as well) and remove any large particles.

- Return soup to pot and place over low heat.
- Add parsley and cilantro.
- Add chocolate and enough honey to balance acidity.
- Adjust seasoning to taste.
- Serve hot, garnished with queso fresco, fresh goat cheese, or crème fraiche.

Adapted from: [The Travel Bite](#)

Happy Thanksgiving from Environmental Volunteers!
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