



Vegan Tomato Soup

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Let's make simple and delicious Vegan Tomato Soup! It's rich, super creamy, quick, easy, and conveniently made from canned tomatoes and a handful of other pantry staples.



PREP TIME: 10 minutes COOK TIME: 30 minutes TOTAL TIME: 30 minutes SERVINGS: 11 cups

INGREDIENTS

- ☐ 1 tablespoon olive oil , (or water for oil-free)
- ☐ 1 medium onion , diced
- ☐ 4 cloves garlic , minced
- ☐ 1 x 6oz (156ml) can tomato paste , (about 10 tablespoons)
- ☐ 1 x 28oz(796ml) can crushed tomatoes , (3½ cups or 800ml)
- ☐ 5 cups (1200 mls) water
- ☐ 2 teaspoons fine sea salt (adjust as necessary if using table salt)
- ☐ ½ a heaping cup (70 grams) raw cashew nuts , chopped into small pieces (do not use roasted)
- ☐ 2 teaspoons dried basil (or switch the basil & oregano for Italian seasoning)
- ☐ 2 teaspoons dried oregano
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 1 to 2 tablespoons white or cane sugar

INSTRUCTIONS

- ☐ Warm the oil in a large soup pan over medium heat. Once hot add the onion and saute until just starting to turn lightly golden on the edges. About 5 minutes.
- ☐ Add the garlic and continue to cook for another minute then spoon in the tomato paste. Cook, stirring frequently until the tomato paste darkens and smells really rich.
- ☐ Add all of the other ingredients, stir well, and bring to a gentle simmer. As written the consistency is like canned tomato soup. If you prefer a thicker soup keep back 1 cup of water and add a little more drop by drop at the end to thin to your liking.
- ☐ Simmer the soup for about 20 minutes, stirring occasionally. You can even turn it down low and simmer really gently for up to 1 hour if more convenient.

- ☐ Transfer the soup to a blender and blend until completely smooth. Return the amount you will be eating now to the pan and allow to warm through gently before serving. Pour the remainder into airtight containers and refrigerate or freeze until needed.

NOTES

Store leftover tomato soup in an airtight container in the fridge for up to 5 days or the freezer for up to 3 months. Reheat gently in a pan on the stovetop or in a microwave.

NUTRITION

Serving: 1cup (240ml)	Calories: 94kcal	Carbohydrates: 13g
Protein: 3g	Fat: 4g	Saturated Fat: 1g
Sodium: 647mg	Potassium: 440mg	Fiber: 3g
Sugar: 7g	Vitamin A: 399IU	Vitamin C: 11mg
Calcium: 51mg	Iron: 2mg	

Recipe from A Virtual Vegan. Find it online : <https://avirtualvegan.com/vegan-tomato-soup/>