

## Spicy Tomato Soup

---

1 tbls olive oil  
1 tbls butter (optional)  
1 ½ cups minced onion  
3 – 4 cloves garlic, minced or crushed  
1 tsp salt  
1 tsp dill (or more to taste)  
lots of freshly ground black pepper  
1 12oz can crushed tomatoes  
2 cups water

1 tbls honey (optional)  
1 tbls mayo or sour cream  
2 med fresh tomatoes, diced

**Toppings:** yogurt, minced parsley or basil, minced scallions or chives

### *Instructions:*

---

1. Heat oil and/or butter, in a kettle or Dutch oven. Add onion, garlic, salt, dill, and black pepper. Stir over medium heat for about 5 – 8 minutes, or until the onions are translucent.
2. Add the canned tomatoes, water, and optional honey. Cover and simmer over low heat for 20 – 30 minutes.
3. About 5 minutes before serving, whisk in mayo or sour cream, and stir in diced tomatoes. Serve hot, topped with yogurt and fresh minced herbs.

**Makes 4 - 6 servings**

Source: Moosewood Cookbook