Quick Tomato Soup Base

About 5–6 cups/1.2–1.4 L soup base, four starter portions · Active 25 min · Total 1 hr

Skills: Building a hand-mashed tomato soup from small prepared vegetables and managing its original storage date

Ingredients

- 1 tablespoon olive or neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 1 medium carrot, finely grated (100 g trimmed weight)
- 2 cans plain chopped tomatoes, 14–14 1/2 oz/400–411 g each, with juice (about 800 g total)
- 2 cups water (480 ml), plus up to 1/2 cup/120 ml if needed
- 1/2 teaspoon dried thyme (0.5 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Heavy saucepan, at least 4 qt/4 L, Knife, board and grater, Potato masher or broad spoon, Shallow covered containers

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion and grated carrot for 8–10 minutes, stirring, until softening.

2. Add tomatoes with juice, the initial 480 ml water, thyme, salt and pepper. Bring to a boil, partly cover and simmer gently for 20–25 minutes until all vegetables are tender. Stir occasionally from the bottom.

3. Mash roughly in the pan with the masher or broad spoon. If too thick for soup, add extra water 1/4 cup/60 ml at a time, up to 120 ml, and bring back to a simmer.

4. Divide into four starter portions, or cool the base promptly in shallow containers and label with its original cooking date before refrigerating.

Starter or foundation

Four servings means four starter bowls of soup base. Beans, pasta, bread or meat are not hidden in the base yield.

Ingredient labels

No major allergen ingredient is deliberately included. Check canned tomatoes and dried-herb labels for added sauces, milk, celery or other ingredients; no allergen-free guarantee is made.

A useful detail

The 60-minute total includes chopping, grating and a full vegetable simmer. Final volume varies with evaporation, so the yield is an honest approximate range.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled labeled portions for up to 2 months and thaw in the refrigerator. Keep the original cooking date when using as a base for a later dish.