

K's Kitchen: Chilled tomato soup

By Kathryn Reed

Chilled soup has never been one of my favorite meals. I think it's more psychological than anything else. It probably has to do with hot soups that are served lukewarm don't taste great so how could a soup purposefully served cold taste good?

I know there are plenty of good soups out there designed to be served chilled. I finally made one.

What is great about the recipe below is that the stove never has to come on. This is perfect for warm days when the last thing you want to do is heat up the house via the kitchen.

The longer you blend the ingredients, the finer it will be. So, I recommend starting slow. You might like more texture and some chunkiness from the tomatoes.



Chilled Tomato Soup

$\frac{3}{4}$ C fat free buttermilk
 $\frac{1}{4}$ C fresh basil leaves
2 T olive oil
2 T fresh lemon juice
 $\frac{1}{2}$ tsp kosher salt
 $\frac{1}{4}$ tsp pepper

3 medium beefsteak tomatoes, cored and quartered
1 small onion, quartered
3 garlic cloves
Greek yogurt, optional
Basil leaves for garnish, optional

Combine the first nine ingredients in a blender until smooth.
Season to taste.

Serve with dollop of yogurt and basil sprig.