

GAPS

Tomato Soup



Serves 6-8

2 quarts chicken stock
2-4 tablespoons animal fat, coconut oil, or ghee
8 fresh tomatoes (3-4 cups), chopped or 2 jars or cans (28 ounces each) crushed tomatoes

2 onions, diced
2 cloves garlic, pressed
1 pound ground pork sausage, crumbled (optional)
Sea salt
Handful of fresh basil, shredded (Stage 2)

Bring the stock to a boil. Skim and discard the scum. Add the fat to the pot and bring to a boil. Add the tomatoes, onions, and garlic; turn the heat down to a simmer. Simmer for 20-30 minutes, until the onions are soft. Puree with an immersion blender. Add the ground sausage and simmer another 10 minutes. Add salt to taste. Add fresh basil as a garnish in Stage 2.

Variation (Stage 4 or later): Sauté the sausage in the fat until it's nicely browned, about 15 minutes. Remove to a plate. Add the onions to the pan and sauté until translucent. Add the garlic and stir for another minute. Transfer the onions and garlic to the soup pot. Add the stock to the pot, bring to a boil, skim, and discard the scum. Add the tomatoes and simmer for 15 minutes. Puree the

soup with an immersion blender –or leave it chunky if you prefer. Add the sausage and stir to incorporate. Let the ingredients simmer together for another 15 minutes. Season with sea salt to taste. Sprinkle with fresh chopped basil to garnish and serve.