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*by ewfood*

# Tomato Soup



## Ingredients

For the stock:

1 quart vegetable stock

2 tins chopped tomato

½ tsp. fennel seeds

½ tsp. of anise seed added

For the soup:

½ oz. of extra-virgin olive oil

1 onion, diced

Pinch of salt

1 tsp. ground anise seed

1 tsp. ground fennel seed

4 garlic cloves, minced

2 carrots, diced

2 medium-sized fennel bulbs, julienned

4fl oz. dry sherry

2lb. tomatoes, peeled, seeded, and pureed

Pepper to taste

Sugar

## Preparation

- 1 For the stock: Combine all the ingredients in a stock pot and keep warm over a low heat.
- 2 For the soup: In a soup pot sauté onions, ground fennel and anise in the oil until the onions are soft. Add the remaining vegetables, cover and cook over a medium heat until the vegetables are tender (5-7 minutes).
- 3 Pour in the sherry and allow it to evaporate and reduce. Do not cover the pot at this time. Add the stock to the vegetables and cook on a low-medium heat for 30 minutes. Season to taste and add a little bit of sugar if the soup has too much acidity.

## Cooks Note