

# CURRIED TOMATO SOUP WITH BROWN RICE OR QUINOA

*Yield: 2 quarts, 6-8 portions*

Ingredients	Amounts
Onion, cut in 1/4 inch dice	2 cups
Garlic, chopped	1 Tbsp.
Curry powder, good quality	1 Tbsp. or more, to taste
Olive oil	1 Tbsp.
Tomatoes, diced, in juice	1 32 oz. can
Chicken or vegetable stock	4 cups
Dry white wine, or water	1 cup
Ginger, finely minced	1 Tbsp.
Fennel seed, whole	1 tsp.
Red chili flakes, crushed, or more, to taste	1/4 tsp.
Salt and freshly ground pepper	to taste
Brown rice or quinoa, cooked, warm	3-4 cups
Cilantro, fresh, chopped	2 Tbsp.

## Method

1. Add onion, garlic, curry powder and oil to a stock pot and cook over moderate heat until just beginning to color.
2. Add tomatoes, stock, wine, ginger, fennel seed and red chili flakes. Simmer for 10 minutes.
3. Correct seasoning with salt, freshly ground pepper, and additional curry if desired.
4. *To serve:* Ladle soup into warm bowls. Spoon warm rice into middle and top with cilantro.

**Recipe credit:** John Ash, as presented at the April 2008 Healthy Kitchens, Healthy Lives Conference