



Fresh Tomato Soup in the Crock Pot

By now you probably know that tomatoes are full of lycopene but what does that mean for your family? Basically, lycopene can help prevent cancer and heart disease. But your kids probably won't care about that—they'll just love eating this warm, fresh soup on a cold winter evening.

Serves: 6

Ingredients

- 8 medium tomatoes
- 1 medium onion, chopped
- 2 carrots, peeled and thinly sliced
- 1 clove garlic, crushed
- 1 tablespoon brown sugar
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups organic chicken broth or bouillon

Directions

1. Drop tomatoes in a pan of boiling water for 15-20 seconds. Immediately rinse with cold water. Remove skins.
2. Cut the tomatoes in half crosswise. Squeeze out and discard the seeds.
3. Combine the tomatoes, onions, carrots, garlic, brown sugar, basil, parsley, Worcestershire sauce, salt, pepper and broth/bouillon in a crock pot.
4. Cover and cook on low for 5-6 hours or until vegetables are very soft.
5. Puree in a blender or food processor fitted with metal blades.
6. Serve and enjoy!