

Smoked Tomato And Jalapeno Soup

If you're looking for a soup that is chunky and has that southwestern flavor, look no more. This soup is raw mind you so it will not be hot or warm, but it is packed with nutrition and really tasty.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Soups

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Sun-dried tomato, dry pack	0.25 cup
Tomato raw (includes cherry, grape, roma)	3 cup
Jalapeno peppers, raw	0.25 cup
Garlic, fresh	2 clove
Water	0.125 cup
Lemon juice, fresh	2 tablespoon
Cold pressed hemp oil	3 x 1 tbsp
Cumin, ground	2 teaspoon
Chili powder	1 teaspoon
Smoked paprika	4 x 1/4 tsp
Cayenne	0.5 teaspoon
Salt, sea salt	1 teaspoon

Instructions

Preparation

1. You will need to soak the dry-packed sun dried tomatoes for this recipe. To soak the sun-dried tomatoes, place in a bowl and add 1 cup of water. Cover and set aside to soak for 30 minutes. Drain and discard any remaining water.
2. You will need the 3 cups of chopped tomatoes. You can use whichever ones you like, but I prefer really flavorful ones like Tomatoes on the Vine.
3. You will need the 1/4 cup of chopped jalapeno peppers.
4. You will need 2 tablespoons of freshly squeezed lemon juice
5. If you want a little bit of heat (spicy) in your soup, you will need 1/2 teaspoon of cayenne pepper

5. Whenever you use a food processor to make dips, pates, soups or sauces, stop it once or twice and scrape down the sides of the work bowl, using a rubber spatula. This will help to ensure that all the ingredients are evenly incorporated and that no large pieces of food will be in the finished product.

Directions

1. In a food processor fitted with a metal blade, process chopped tomatoes, jalapeno and garlic for 2 minutes or until no large pieces remain. Scrape down the sides of the work bowl to get everything.
2. Add soaked sun-dried tomatoes, water, lemon juice, hemp oil, cumin, chili powder, smoked paprika, cayenne if you are using it (optional), and salt. Process for 2 to 3 minutes or until smooth.
3. Serve immediately, or cover and refrigerate for up to 3 days