

## Creamy Tomato Pesto Soup

Makes 4-6 servings

### Ingredients:

- 1 white onion (sliced)
- 4 cloves garlic (smashed)
- 1 Tbsp grass fed butter (or ghee, coconut oil)
- 5-8 sprigs fresh oregano (strip leaves from the stem)
- 1 can (28 oz) fire roasted organic crushed tomato
- 1 can lite coconut milk unsweetened

### Pesto drizzle

- 1 bunch (.75 oz package) fresh basil
- ¼ cup oil
- 4 cloves garlic
- 1 Tbsp feta (or DF cheese)

### Directions:

- 1) In a large skillet, melt butter over medium heat. Add onions and garlic and saute until translucent. Add can of tomatoes, oregano, and season with salt and pepper. Bring to a boil, reduce heat and simmer uncovered for about 10 minutes or until slightly thickened.
- 2) To make the pesto drizzle, add basil, garlic, and feta to a processor. While the processor is on low, pour the oil through the feed tube gradually. Scrape down the sides and add more oil if necessary. Season to taste with salt and pepper and transfer to a small bowl. If you do not have a processor, finely chop ingredients and combine in a small bowl.
- 3) Transfer tomato mixture to a blender and process until smooth (remember, mixture is hot!). Alternatively, use an immersion blender, process until smooth.
- 4) With soup over low heat, add coconut milk. Season to taste with sea salt, pepper, and optional red pepper flakes.
- 5) When ready to serve, drizzle pesto and/or additional coconut milk and serve!

### Notes:

I love using this [brand](#) for organic canned tomatoes.