

Chilled Bread and Tomato Soup

(Makes 32 1 ½-cup servings)

This dish is budget-conscious — it requires day-old bread!

- **3 Tablespoons olive oil**
- **5 pounds diced onions**
- **2 pounds diced carrots**
- **2 pounds diced celery**
- **1 pound diced fennel (If fresh fennel is not available, add an extra pound of celery.)**
- **1 cup diced fresh garlic**
- **2 Tablespoons white pepper**
- **2 gallons chopped fresh tomatoes, or 2 gallons canned chopped tomatoes, drained dried bay leaves**
- **2 cups shredded fresh basil**
- **3 pounds crustless stale or dried bread, ripped or cut into small pieces**

In a stock pot, heat the oil. Add the onions, carrots, celery, and fennel. Cook, stirring occasionally, until tender, approximately 6-8 minutes. Add the garlic and pepper and cook 1 additional minute. Add the tomatoes, bay leaves, and basil. Cook on low heat for 5 more minutes. Remove the bay leaves. Stir in bread to moisten, little by little, stirring between additions. Purée in a blender or food processor or by hand, in batches if necessary.

Return the soup to the pot and cook over high heat, stirring constantly, for 2 minutes. Remove from heat, cool properly, and allow soup to chill for at least 2 hours prior to serving.

Total calories per serving: 252

Fat: 3 grams

Carbohydrates: 51 grams

Protein: 8 grams

Sodium: 62 milligrams

Fiber: 6 grams

http://www.vrg.org/journal/vj2012issue2/2012_issue2_food_day.php