



### Green for Go Local

Ingredients in **green** = locally grown or produced



Butter



Onion



Tomato Purée



Milk



Whole Wheat Bread



Cheese

# Grilled Cheese & Tomato Soup

By Jenny & Rosie

Serves 4-6

## Ingredients

*For Soup:*

2 Tbsp (30 mL)

1 large

½ tsp (2 mL)

1 ½ Tbsp (25 mL)

1 ½ tsp (7 mL)

¼ tsp (1 mL)

2 × (740 mL) cans

1 Cup (250 mL)

2 ½ Cups (625 mL)

**Butter**

**Onion**, chopped

Baking soda (optional)

Sugar

Salt

Ground black pepper

Crushed tomatoes, or fresh or frozen **tomato purée**

Water

**Whole milk**

*For Grilled Cheese:*

12 slices

6 Tbsp (90 mL)

1 ¼ Cups (100 g)

**Whole wheat bread**

**Butter**

Grated **cheddar** or 12 slices real **cheddar**

## Directions

*Note:* Wash all produce well.

1. Heat butter in a large pot over medium heat. Add onion and cook, stirring, until softened, about 10 minutes.
2. Remove the pot from the heat. Transfer onions to a blender jar, add water and blend until smooth. Return the onion mixture to the same pot.
3. Add the baking soda, sugar, salt, black pepper and tomatoes. Place the pot over low heat and simmer for about 15 minutes.
4. Whisk in milk. Do not boil as the milk may separate, which means it will still taste great but not look as good! Taste and hold warm until serving time.
5. Heat pan on medium heat or oven to 450°F (230°C).
6. Spread each slice of bread with butter. Place half of the slices buttered side down with a generous 2 Tbsp cheese or 2 slices of cheese. Top with other half of bread slices, buttered side up.
7. **In a pan:** Add grilled cheese and flip when one side is golden brown. Brown the second side. **In an oven to bake all at once:** Place grilled cheeses on an oven sheet pan for about 6-8 minutes, flip and bake for 6-8 minutes further until golden brown.



## Create Your Plate!

### Veg It Up

Add more puréed vegetables like sweet potato or carrot, puréed local beans or puréed frozen defrosted peaches or apples in Step 2. With the addition of fruit or sweet veggies, you will likely not need to add sugar or baking soda unless the soup is too tart.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Pea shoots**
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Sweet potatoes**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Additional soups**

### Fruit Salad Bar

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

## Note From the Authors

"Offering a grilled cheese sandwich to dip is a great way to encourage kids to try new soups! Try a soup bar with a choice of tomato soup and another favourite, like chicken vegetable noodle soup."

- Jenny & Rosie



Pea Shoots



Carrot



Cucumber



Sweet Potato



Broccoli



Cauliflower



Soup



Fruit



Yogurt



Seeds or Granola



Dried Fruit