



Ingredients

- 2 Tbsp (30 mL) butter
- 1 medium onion, chopped
- ½ cup leek stalk (125 mL), chopped
- 2 garlic cloves, chopped
- 2 jars (2 - 350 mL) of tomatoes
- 1 tsp (5 mL) brown sugar
- Pinch of baking soda
- Sea salt and black pepper to taste

Instructions

1. Heat butter in a medium-size saucepan.
2. Add onion, leek, fresh garlic and sauté until the onion is soft and translucent.
3. Add tomatoes and liquid from both jars.

4. Blend with a hand blender.
5. Add sugar, baking soda, and seasoning. Simmer for 15-20 minutes on low heat.
Garnish with a dollop of sour cream and sprigs of parsley. Makes 6 servings.

Choose Tomatoes in Glass

Whenever possible, use fresh vine-ripened tomatoes. As a second choice, use tomatoes preserved in glass containers. The acidity of tomatoes can eat away at the inner, bisphenol-A plastic coating of the typical can. As you may know, bisphenol-A is a toxic, hormone-disrupting chemical. Avoid purchasing canned tomato products.