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This Rich & Creamy Tomato Soup Feels Like a Hug in a Bowl (Better Than Any Restaurant Version)

By bestfolkmedicine · 28/12/2025 · 3 min read



There are few foods as comforting—and quietly nourishing—as a **rich, creamy tomato soup**. Warm, velvety, and deeply satisfying, this classic recipe has stood the test of time for good reason. When made with real ingredients and gentle techniques, tomato soup becomes more than comfort food—it becomes **restorative food**.

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This version is **easy, wholesome, and deeply flavorful**, without relying on ultra-processed shortcuts. It's the kind of soup that calms the nervous system, supports digestion, and makes you

slow down enough to actually enjoy your meal.

Why Tomato Soup Is a Holistic Staple

From a holistic health perspective, tomato soup checks many boxes:

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- Warm and grounding (supports digestion)
- Rich in antioxidants (especially lycopene)
- Easy to digest when blended and cooked
- Naturally hydrating
- Comforting without being heavy

When tomatoes are cooked, their **lycopene becomes more bioavailable**, meaning the body can absorb it more easily. Pairing tomatoes with healthy fats (like olive oil or cream) further improves nutrient absorption.

Rich & Creamy Tomato Soup Ingredients

This recipe keeps things simple and intentional.

Ingredients:

- 2 tablespoons olive oil or butter
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 cans (800 g / 28 oz each) whole peeled tomatoes (or high-quality fresh tomatoes)
- 2 cups vegetable or bone broth
- ½ teaspoon sea salt (adjust to taste)
- ¼ teaspoon black pepper
- ½ teaspoon dried basil or thyme
- ½ cup heavy cream or coconut milk (for dairy-free)

Optional but lovely:

- Pinch of smoked paprika
- Fresh basil leaves
- Grated Parmesan or nutritional yeast

How to Make Rich & Creamy Tomato Soup

Step 1: Build the flavor base

Heat olive oil or butter in a pot over medium heat. Add onion and cook slowly until soft and translucent (about 6–8 minutes). This step creates natural sweetness.

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Step 2: Add garlic and tomato paste

Stir in garlic and tomato paste. Cook for 1–2 minutes until fragrant. This deepens the tomato flavor and removes acidity.

Step 3: Add tomatoes and broth

Pour in tomatoes and broth. Break tomatoes gently with a spoon. Bring to a gentle simmer and cook uncovered for 20–25 minutes.

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Step 4: Blend until smooth

Use an immersion blender (or carefully transfer to a blender) and blend until velvety smooth.

Step 5: Make it creamy

Lower heat and stir in cream or coconut milk. Taste and adjust salt, pepper, and herbs.

Serve warm and unhurried.

Why This Soup Feels So Comforting

There's real biology behind comfort food.

Warm, creamy soups:

- Activate the parasympathetic nervous system ("rest and digest")
- Require less digestive effort
- Encourage slower eating
- Reduce stress-related gut tension

This is why soups are found in nearly every traditional food culture—they're **regulating**, not just filling.

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What to Serve With Tomato Soup

- Sourdough or whole-grain toast
- Grilled cheese (classic for a reason)
- Roasted vegetables
- Simple green salad

For a balanced meal, pair with protein and fiber.

Holistic Tips for the Best Tomato Soup

- **Use good tomatoes**: Quality canned tomatoes matter more than fancy extras.
- **Cook gently**: Slow simmering reduces acidity.
- **Add fat intentionally**: Helps absorption and satiety.
- **Eat warm**: Cold foods can stress digestion for many people.

Is Tomato Soup Healthy?

Yes—when made properly.

Tomatoes provide:

- Lycopene (linked to heart and cellular health)
- Vitamin C
- Potassium
- Polyphenols

Cream or healthy fats:

- Improve nutrient absorption
- Stabilize blood sugar
- Increase satiety

As always, balance matters.

Final Thoughts: Simple Food, Deep Nourishment

This **rich and creamy tomato soup** is proof that healing food doesn't need to be complicated. When ingredients are real and preparation is mindful, even the simplest meal can restore balance.

Sometimes wellness looks like:

- A warm bowl
- A quiet moment
- And a meal that feels like home

Sources

- Harvard T.H. Chan School of Public Health – Tomatoes & lycopene
- National Center for Biotechnology Information (NCBI) – Lycopene bioavailability
- Cleveland Clinic – Benefits of warm, cooked foods for digestion
- USDA FoodData Central – Tomato nutrition profile

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