

Tomato Bisque

4-6 slices of nitrite free bacon
½ cup onions chopped
3-4 cloves garlic minced
1 tsp garlic powder
1 tsp cumin
salt and pepper to taste
1 16oz can stewed tomatoes
1 cup chicken stock
½ cup coconut cream/milk
¼ cup cilantro

Chop bacon and fry in a soup kettle. Add onions and garlic and sauté until onions are translucent and bacon is browned. Add garlic powder, cumin, 1tsp salt and 1 tsp pepper. Add tomatoes, chicken stock, and coconut cream/milk. Simmer for 15 minutes. Blend the soup in a blender, cuisinart, or with a handheld blending stick until smooth. *Be careful because the soup is hot, you might want to let it cool.* Finish seasoning to taste. Ladle into a bowl and garnish with some chopped cilantro. If you want a less creamy soup, omit the coconut cream/milk and add 1/4 cup coconut oil. Remember that the fat is important...you do not want to omit it.