



CREAMY TOMATO BISQUE

Recipe developed by Chef Danny Zembroski

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	18.5 gm bacon, fried, chopped	3.7 (-3.7 gm fat)
Fat	26.3 gm butter	6 (-3.7 gm)
Carb	25.2 gm tomato, fresh	1.2
	----- 1.5 gm fresh basil, chopped	----- 0.1
Other	Salt, pepper, garlic powder, onion powder, oregano	

DIRECTIONS

- Add the bacon to a medium pan and cook bacon. Remove bacon and set aside to cool.
- In the same pan, melt the butter and add the tomato and dry seasonings.
- Cook on medium heat for 5-10 minutes.
- Add the bacon back to the tomato mixture along with the heavy cream and stir to combine.
- In a blender, blend all of the ingredients until smooth.
- Top with basil.
- Serve warm.

VARIATIONS

- You may add the bacon separately on top after blending.
- Do not cook this recipe for more than 20 minutes, otherwise the fats will separate.
- Other herbs can be used such as spinach or parsley.