



Chef Jeff's Grilled Cheese Sandwich

Sliced bread of your choice

Cheddar Cheese (4 slices or ½ cup grated cheese)

Butter (¼ cup = 4 tbsp)

Optional Meats: Bacon (4 strips), Smoked sausage (2 links), Pulled chicken (½ cup)

Avocado and sliced tomato (optional)

Chef Jeff's Creamy Plum Tomato Soup for Adults

2 tablespoons olive oil

3 cloves garlic, peeled and finely minced

1 medium yellow onion, peeled and finely chopped

2 sprigs fresh thyme

3 tablespoons all-purpose flour

2 cups low-sodium chicken broth

1 28-ounce can whole plum tomatoes, pureed with their juice

1 ½ teaspoons sugar

1 teaspoon dried oregano

Kosher salt and freshly ground pepper to taste

1 cup heavy (whipping) cream

1 cup Italian herbed croutons (available in most stores)

3 tablespoons finely chopped fresh basil

¼ cup grated Parmesan cheese

1. Heat the oil in a medium pot over medium heat. Add the garlic, onion and thyme and cook until the onion is tender, 4 to 6 minutes. Add the flour and stir until thoroughly incorporated.
2. Add the broth, tomatoes, sugar, oregano, and a pinch of each of salt and pepper. Bring the soup to a simmer, stirring constantly. Reduce the heat to very low, cover and gently simmer for 45 to 50 minutes.
3. Taste the soup and season with salt and pepper. Discard the thyme. Puree the soup in several batches, using a blender or food processor and adding cream to each batch while processing.
4. Serve the soup in bowls, topped with croutons, basil and parmesan cheese. French bread also accompanies this soup very well.