Ingredients for Grilled Cheese

- 2 slices Pumpernickle Bread or Dark Sourdough
- 1 oz aged orange cheddar cheese
- 2 tsp hot pepper jelly (optional)
- 2 slices orange tomato
- melted butter for brushing
- option to add tuna to sandwich to make it a tuna grilled cheese

Instructions

1. Brush the melted butter onto the outside sides of the pairs of bread (brushing the melted butter on allows you to use less).
2. Spread the inside of one slice with the jelly, top with the tomatoes and load it up with cheese.
3. Top with the other piece of bread, butter side up.
4. Preheat your pan to medium heat. Add the grilled cheese and cook for about 2-4 minutes until golden brown. Carefully flip and cook on the other side for another 2-4 minutes.
5. Enjoy warm or at room temperature!

Ingredients for Tomato Soup

- 1 tbsp butter
- 2 tbsp olive oil
- 1 small onion diced
- 2 carrots peeled and finely diced
- 3 cloves garlic minced
- 2 tbsp all purpose flour
- 1 tbsp tomato paste
- 3 cans of San Marzano tomatoes (28 oz cans)
- 1L reduced sodium chicken stock
- 2 tbsp brown sugar or to taste
- 1/2 cup 2% milk
- 1/4 cup Parmigiano Reggiano cheese finely grated
- salt and pepper to taste

Instructions

1. Heat the butter and olive oil in a large, heavy-bottomed pot over medium-low heat. Add the onions and carrots and sauté for about 8-10 minutes, or until very tender. Once tender, add the garlic and cook until fragrant, about 1 minute.
2. Add the flour and tomato paste and stir until the colour darkens and it coats all of the vegetables.
3. Add in the tomatoes, chicken stock, and sugar and whisk until there are no more lumps and it's well combined.
4. Bring the soup to a boil, then lower the heat over the medium low, and simmer, uncovered, for about 45 minutes or until all of the vegetables are very tender.
5. Transfer to a blender and purée until smooth. Strain back into the pot and stir in the milk and cheese. Season with a pinch each of salt and pepper, to taste.

Recipe adapted from Abbey's Kitchen