Nutrition Information (per serving)

**Tomato Soup**
- Serving size: 2 cups, Servings: 5
- Calories: 106, Protein: 5g, Carbohydrate: 17g
- Sugar: 10g, Fat: 3g, Sodium: 684 mg

**Sautéed Zucchini and Cherry Tomatoes**
- Serving size: ½ cup, Servings: 4
- Calories: 45, Protein: 2g, Carbohydrate: 9g
- Sugar: 6g, Fat: 1g, Sodium: 595 mg

Thanks to the generous support from

MAYO CLINIC HEALTH SYSTEM

Franciscan Sisters of Perpetual Adoration


We also thank Coulee Region RSVP for their volunteers’ indispensable help with our classes and demonstrations.

**Hillview URBAN AGRICULTURE CENTER (HILLVIEW)** is a 501(c)3 with the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- Building soil with food waste
- Educating and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

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WELCOME TO

Market Baskets

**HILLVIEW URBAN AGRICULTURE CENTER** is excited to introduce the Market Baskets Program—an easy, fun, and interactive way to bring low-cost, tasty, and nutritious meals to everyone in the La Crosse area. Designed to appeal to all ages, the free Market Baskets classes and demonstrations are created to quickly teach participants how to prepare meals with minimal preparation and clean up and by using as many locally grown ingredients as possible. Many classes include free kitchen tool giveaways and resources on growing your own to continue to foster a love of food.

Market Baskets Coordinator: Kirsten Arm, RDN
E-mail: marketbaskets@hillviewuac.org

PHOTO: Lee Harrell
**Tomato Soup**

**Ingredients**
- 1 Tbsp. Butter
- 2 medium Onions, chopped
- 4 cloves Garlic, minced
- 10-12 Whole Tomatoes, pureed
- 6 cups Vegetable Broth
- Salt and Pepper, to taste

*Optional substitutions/additions: 2 cans of pureed tomatoes instead of fresh, whole tomatoes, ½ cup heavy cream (to make cream of tomato soup), 2 leaves of fresh Thyme, 2 tablespoons chopped fresh basil, zest of 1 lemon

**Directions**
1. Rinse tomatoes and slice into quarters. If using an immersion blender, place tomatoes into a bowl and puree using immersion blender. If using a blender, place tomatoes into blender and blend until pureed. Set aside.
2. Melt the butter in a large pot over medium heat. Add the onions, stir them to coat, then place a lid on the pot and leave it for 5 minutes. Stir frequently. Add the garlic and cover again until the onions are soft and just starting to brown, another 2 minutes.
3. Add the pureed tomatoes and vegetable broth to the pot and stir, being sure to scrape any sticky onions off the bottom to keep them from burning. Bring the soup to a boil, then turn it down to low to simmer for about 10 minutes.
4. Taste and add salt and pepper as needed. Add the cream, herbs, or lemon zest, if desired. For smooth soup, use and immersion blender to quickly puree the onions into the tomato mixture. If you are using a standard blender, wait for the soup to cool before you blend it.

(Adapted from Good and Cheap; Eat Well on $4 a Day)

**Sautéed Zucchini & Cherry Tomatoes**

**Ingredients**
- 1 small Red Onion, diced
- 2-3 medium Zucchini, cut into ½-inch chunks
- 1 pint Cherry or Grape Tomatoes, halved
- 2 cloves Garlic, minced
- 2 Tbsp., Olive Oil
- 1 tsp salt
- ½ tsp Black Pepper
- 1 Tbsp. fresh chopped Basil

**Directions**
1. Heat the olive oil over medium heat in a large sauté pan. Add the diced red onion and cook, stirring frequently, about 7-8 minutes. Do not brown.
2. Add the zucchini, tomatoes, garlic, salt, and pepper and cook, stirring frequently, for 3-5 minutes. Cook until zucchini is cooked, but still crisp, and the tomatoes have started to collapse, creating a little sauce.
3. Stir in the basil, then taste and adjust seasoning if necessary.

(Adapted from onceuponachef.com)