

Bloody Mary Tomato Soup Shooter

6	tblsp.	milled flaxseed	100	mL
2	tblsp.	canola oil	25	mL
1		large onion chopped	1	
4		stalks celery, finely chopped	4	
1	tblsp.	minced garlic	15	mL
4	cups	tomato juice	1	L
2	cups	diced canned tomatoes	500	mL
2	cups	water	500	mL
½	cup	chopped parsley	125	mL
1	tsp.	crushed chilies	5	mL
1	tsp.	sea salt	5	mL
½	tsp.	ground black pepper	2	mL
¼	cup	vodka (optional)	50	mL
		dash of Tabasco sauce (optional)		
		dash of Worcestershire sauce (optional)		

- Place milled flaxseed in a non-greased heavy skillet. Cook and stir 2 to 3 minutes on medium heat.
- Add oil, onion, celery and garlic. Sauté until soft.
- Add tomato juice, tomatoes, water, parsley and spices. Bring to a boil.
- Simmer gently 20 minutes.
- Remove from heat and use hand blender to process until smooth.
- Add vodka, Tabasco and Worcestershire sauce if desired.
- Taste and adjust seasonings.
- Reheat to very warm before serving. Do not boil.
- Garnish with celery and lemon slices.

Yield: 8 servings or 20 shooters
Serving Size: 1 bowl or 1 shooter

Single Serving Nutrient Values

Calories	44.90	
Protein	1.31	g
Carbohydrates	5.38	g
Fiber	1.69	g
Fat	2.37	g
Saturated	0.17	g
Cholesterol	0	mg
Sodium	165.11	mg