



# Tomato Soup with Basil

## Ingredients

- 1 Spanish onion, peeled, chopped
- 1 tbsp butter
- 2 medium potatoes, peeled and diced
- 1 pound tomatoes, peeled and sliced or one 14 oz can tomatoes
- 4 cups vegetable stock or chicken stock

- or water
- salt and pepper
- basil sprigs

## Method

Sauté the onions over medium-low heat, in butter, covered, in a large saucepan for five minutes until soft and transparent. Do not brown. Add the potatoes, cover and cook for 10 more minutes. Add the tomatoes and cook 4-5 minutes more. Stir occasionally, do not brown. Add the stock, cover and simmer 20 minutes. Puree the soup in a food processor or blender.

Reheat without boiling. Garnish with basil or add chopped basil to the soup. Season with salt and pepper to taste.

### Cook's notes:

1. To make a simple pasta sauce you can use the same recipe, just reduce the liquid by half and add a bit of chopped basil and oregano to the sauce.
2. To make a twist on the soup, once it is pureed and reheating, you can add half a cup 35% cream for a cream of tomato basil soup.
3. The soup freezes well— so make lots!

Lori and Gerry's column is on page 13.



# The Regional Municipality of Halton

www.halton.ca

# More Blue & Green for a Better Planet

- GreenCart is collected every week (collects kitchen scraps and compostable papers)
- Blue Box collected every week (papers and containers can go in the same Blue Box)
- Garbage collected every other week with a six bag/can limit
- Yard waste collected every other week, on the same day as garbage (urban areas only)
- Bulk collected once every four weeks with a **three item limit**, on the same day as garbage (all urban areas and rural Burlington and Milton); seven collection dates per household in 2008. **Note:** October is the final Bulk Collection in 2008 for Area 4, 5.
- Metal and Appliance Call-in Service (all urban areas and rural Burlington and Milton)

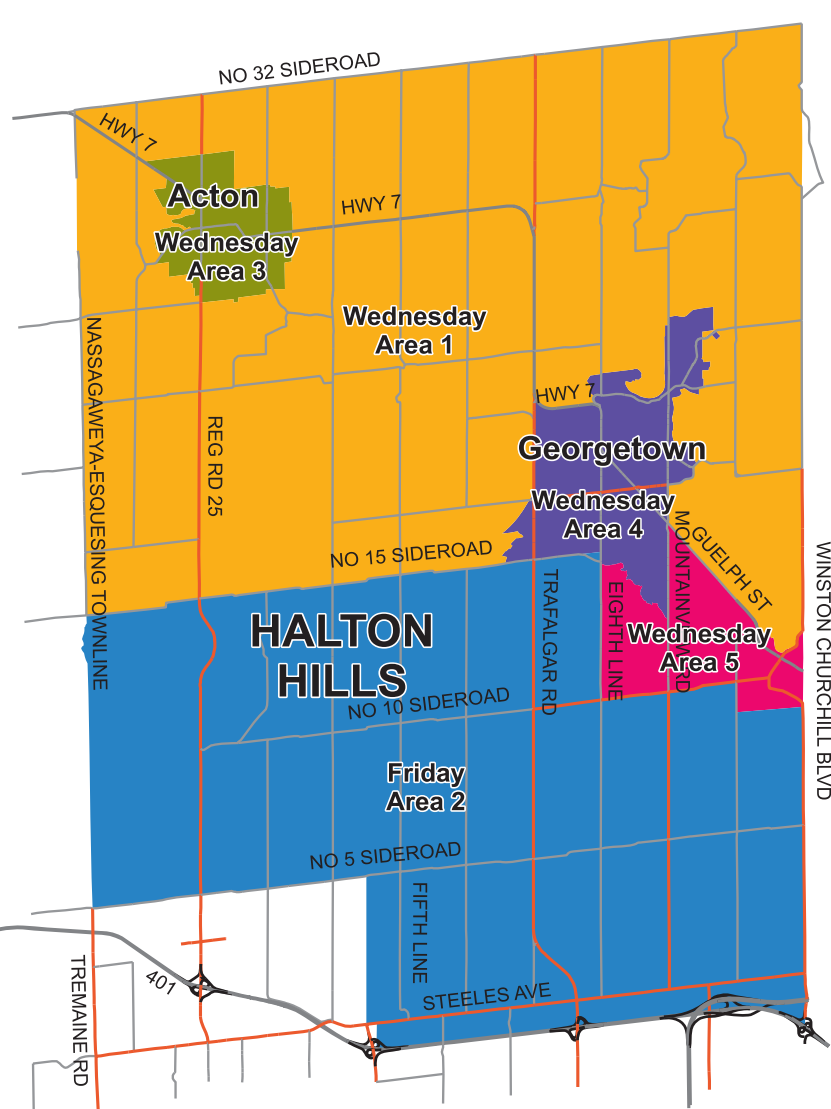
## Collection Tips

- Don't be late. Put waste at the curb by 7 a.m. the morning of your collection day, but no sooner than 5 p.m. the evening before.
- Keep the weight down. Containers and bags should weigh no more than 23 kg (50 lbs). Items that are too heavy will not be collected. Do not put material out in cardboard boxes.
- Avoid accidents. Wrap broken glass and sharp objects in a puncture-resistant package before putting them in your garbage.
- Stack your Blue Boxes on top of one another to prevent papers from blowing away. Place heavier items on top of loose paper, or tie and bundle them.
- Tie corrugated cardboard in bundles no larger than 90 cm x 90 cm x 30 cm (3 ft x 3 ft x 1 ft) and place beside your Blue Box.
- Put your GreenCart out at the curb every week, even if it is only partially full. Do not place your Kitchen Catcher at the curb; it is more likely to blow away in the wind.

## Search by Address

Visit [www.halton.ca](http://www.halton.ca) to find out your collection schedule! Input your Halton address and the search by address tool will display your waste collection details.

## Collection in Halton Hills



Area 1

October 2008						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	Holiday Collection	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Area 2

October 2008						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	Holiday Collection	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Area 3

October 2008						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	Holiday Collection	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Area 4 (Oct 1 is final Bulk Collection in 2008)

October 2008						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	Holiday Collection	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Area 5 (Oct 16 is final Bulk Collection in 2008)

October 2008						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	Holiday Collection	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

