

Tomato Basil Soup



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Ingredients

Yields: 5, 1 c servings

- 1 pound fresh tomatoes, chopped (about 3 c) or 1 can (14½ ounces) no salt
- added diced tomatoes
- ¾ c chopped onion
- ¾ c chopped celery
- ¾ c chopped carrot
- 2½ c chicken or vegetable broth
- 1 tsp dried basil
- ¼ tsp ground black pepper
- 1 tbsp extra-virgin olive oil
- ¼ C grated Parmesan cheese

Directions

1. Place the tomatoes, onion, celery, carrot, broth, basil, and pepper in a 3-quart pot. Cover and bring to a boil.
2. Reduce the heat to low. Simmer for 10-12 minutes or until the vegetables are soft.
3. Add the olive oil to the soup. Using a hand held immersion blender, puree the soup until smooth. Or if you don't have an immersion blender, add soup in batches to blender, puree until smooth, and return to pot.
4. Serve hot, topping each serving with some of the Parmesan cheese.

Tip: Pair it up with a cheese sandwich made with whole wheat bread and a low-fat cheese for a satisfying meal.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	80	2 g	1.2 g	7 g	412 mg

Carbohydrate Exchanges: 1/2