

Tomato and Roasted Red Bell Pepper Soup

Ingredients:

- 14 1/2 ounces canned, no salt added, diced tomatoes (undrained)
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1/2 cup chopped, roasted red bell peppers,
- 1 tablespoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon crushed red pepper flakes
- 2 teaspoons olive oil
- 1/4 teaspoon sugar
- 1/8 teaspoon salt
- 1/4 cup chopped, fresh parsley

Directions:

1. In a medium saucepan, stir together tomatoes with liquid broth, roasted bell peppers, basil, oregano and red pepper flakes. Bring to boil over high heat. Reduce heat and simmer, covered for 10 minutes. Remove from heat. Stir in oil, sugar, and salt.
2. Serve sprinkled with parsley.

Nutrition Facts

Serving Size (155g)
Servings Per Container 6

Amount Per Serving

Calories 40 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 15% • Vitamin C 45%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: <https://recipes.heart.org/>

