

Tomato Basil Soup

Ingredients:

- 3 large garlic cloves
- 1/4 cup sweet onion, chopped
- 1 tablespoon olive oil
- 1 (14 1/2-ounce) can stewed tomatoes, undrained
- 1 1/2 cups chicken broth
- 1/4 teaspoon salt
- Dash of freshly ground red pepper
- 2 tablespoon fresh basil, chopped

Directions

1. Peel and crush garlic, set aside.
2. Peel and chop onion.
3. Heat olive oil in a large nonstick saucepan over medium heat.
4. Add onion: cook until translucent, about 5 minutes.
5. Add garlic: cook 30 seconds more, stirring constantly.
6. Combine onion and garlic mixture, tomatoes, chicken broth, and salt and pepper in a blender or food processor and blend until smooth.
7. Transfer mixture to a pot and bring to a boil.
8. Turn off heat and stir in basil. Serve hot.

Nutrition Facts

Serving Size (223g)
Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 2g

Vitamin A 6% • **Vitamin C 20%**

Calcium 4% • **Iron 10%**

*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

