



Zesty Tomato Soup

Preparation Time:
10 minutes

Cook Time:
15 minutes

Yields:
4 servings

Serving Size:
1 cup of soup

Amount Per Serving:
Calories* 94
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 231mg
Total Fiber: 2g
Carbohydrate: 16g
Protein: 5g
Potassium: 234mg

* Percent Daily Values
are based on a
2,000 calorie diet.

- 1 can (14½ oz) no-salt-added diced tomatoes
- 1 cup jarred roasted red peppers, drained (or substitute fresh roasted red peppers)
- 1 cup fat-free evaporated milk
- 1 tsp garlic powder
- ¼ tsp ground black pepper
- 2 tbsp fresh basil, rinsed and chopped (or 2 tsp dried)

Combine tomatoes and red peppers in a blender or food processor. Puree until smooth. Put tomato mixture in a medium saucepan, and bring to a boil over medium heat. Add evaporated milk, garlic powder and pepper. Return to a boil and gently simmer for 5 minutes. Add basil and serve.

Optional step: Serve with whole-wheat croutons sprinkled on top.