

Zesty Tomato Soup

Serving Size: 1 cup

Yield: 4 servings





Ingredients:

- 1 can (14.5 ounces) no-salt added diced tomatoes
- 1 cup roasted red peppers, drained
- 1 cup evaporated milk, fat-free
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

Preparation:

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

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	--
	Dairy	½ c
	Protein	--

Nutrient Totals	
Per Serving:	
Calories	94
Total Fat	0 g
Saturated Fat	0 g
Sodium	231 mg
Protein	5 g