

TOMATO BASIL SOUP

INGREDIENTS

- 3 14.5-ounce cans no-salt-added diced tomatoes
- 2 cups fat-free milk
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ⅛ teaspoon salt
- 1 ½ cups fresh basil leaves, coarsely chopped and 2 tablespoons fresh basil leaves, minced, divided use
- ½ teaspoon baking soda



Serves: 6 |

Serving size: 1 cup

Nutrition Information:

Calories: 79; Total fat: 0g; Saturated fat: 0g; Cholesterol: 2mg; Sodium: 212mg; Total carbohydrate: 14g; Dietary fiber: 2g; Protein: 5g.

DIRECTIONS

1. In a medium saucepan, stir together the tomatoes, milk, garlic powder, pepper and salt. *Recipe courtesy of the U.S. Department of Agriculture*
2. Bring to a boil over high heat. Reduce the heat to low. Simmer for 15 minutes. Stir in the basil leaves. Cook for 5 minutes.
3. Remove the pan from the heat. Stir in the baking soda (which will make the soup foam for a minute). Using a handheld immersion blender, carefully puree the mixture until smooth. Alternatively, carefully pour the mixture into a food processor or blender, venting the lid to allow steam to escape. Working in batches, puree the soup. Ladle into bowls. Sprinkle each with 1 teaspoon minced basil.