

Zesty Tomato Soup

Not your traditional tomato soup, this quick-cooking dish can be a side dish or a light main meal.

Recipe details

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

Serving size: 1 cup soup

Ingredients

- 1 can (14½ ounces) no-salt-added diced tomatoes
- 1 cup roasted red peppers from a jar, drained (or substitute fresh roasted red peppers)
- 1 cup fat-free evaporated milk
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

Instructions

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
2. Put tomato mixture in a medium saucepan and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder and pepper. Return to a boil, and gently simmer for 5 minutes.
4. Add basil, and serve.
5. Optional: Serve with whole-wheat croutons on top.

Each serving provides

Calories: 94

Total fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 231 milligrams

Total fiber: 2 grams

Protein: 5 grams

Carbohydrates: 16 grams

Potassium: 234 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services