

Heartwarming Tomato Basil Soup

Makes 4-6 servings



Ingredients

- 1 *tblsp* of olive oil
- 1 medium sweet onion - *chopped*
- 28 oz of tomatoes - *ground and peeled*
- 5 cups of chicken stock
- salt and pepper to taste
- ½ cup of basil - *fresh*

Directions

- ☞ Heat the olive oil in a large soup pot over medium high heat
- ☞ Add the onion and cook, stirring often, until softened, about 10 min
- ☞ Add the tomatoes & the stock
- ☞ Bring to a boil and then simmer
- ☞ Cook until soup is slightly thickened, about 20 minutes
- ☞ Season with salt and pepper. Stir in the basil
- ☞ Place the pot of soup directly in sink. Puree with hand-held blender
- ☞ Serve immediately.

Nutrients (approximately)

193 Calories per serving,
Fat 9.6g, Saturated Fat 0.6g, Carbohydrates 22g,
Fiber 5, Protein 7g

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