

zesty tomato soup



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>

Ingredients

1 14 1/2-ounce can 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 teaspoon garlic powder

1/4 teaspoon ground black pepper

2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

1 slice whole-wheat bread, toasted and diced (for croutons)

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1. Combine tomatoes and red peppers in a blender or food processor. Purée 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 step: Toast and dice one slice whole-wheat bread for the croutons.

Yield 4 servings, **Serving Size** 1 cup soup, **Calories** 94, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 231 mg, **Total Fiber** 2 g, **Protein** 5 g, **Carbohydrates** 16 g, **Potassium** 234 mg