

Creamy Tomato Soup



Yield: 6 servings

Ingredients

- 1 cup diced onion
- 1 cup diced carrot
- 2 cups diced sweet potato
- 14 ounces canned whole tomatoes, low or no salt added
- 5 tablespoons tomato paste, low or no salt added
- 4 cups vegetable broth, low or no salt added
- ½ teaspoon dried basil, divided
- ½ teaspoon kosher salt, divided
- ¼ teaspoon garlic powder
- ⅛ teaspoon red pepper flakes, optional
- ½ cup milk (almond, cow's, soy, etc)
- 4 slices whole wheat bread

- ½ tablespoon extra virgin olive oil
- ¼ cup fresh basil leaves

Instructions

1. Heat oven to 350 degrees and line a baking sheet with parchment paper.
2. Add onion, carrot, sweet potato, tomatoes, tomato paste, vegetable broth, ¼ teaspoon dried basil, ¼ teaspoon salt, garlic powder and red pepper flakes to a large pot, bring to a boil.
3. Once boiling reduce heat to medium low and cover. Cook for 30 to 40 minutes until potatoes and carrots are very soft.
4. Blend with a stick blender or in batches in a blender.
5. Put soup back in pot and stir in milk, keep on low heat until ready to serve.
6. Meanwhile, cut bread into large cubes, toss with olive oil, ¼ teaspoon dried basil and ¼ teaspoon salt.
7. Place bread cubes onto lined baking sheet. Bake for 10 to 12 minutes or until golden brown.
8. Top soup with croutons and torn fresh basil leaves.

Nutrition Information

Serving Size: 1 ⅓ cups soup and ⅓ of croutons
Calories: 194
Total Fat: 3.4 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 1.3 g
Polyunsaturated Fat: 1.3 g
Sodium: 372 mg
Total Carbohydrate: 37 g
Dietary Fiber: 6.3 g
Sugars: 8.9 g
Protein: 5.6 g

Source: Spectrum Health

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