

# Soup on the Table in 20 Minutes or Less!



## **Pomodoro Tomato Soup**

*Serves: 6 | Serving Size: 1 cup*

### *Ingredients:*

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks of celery, diced
- 1 can low-sodium chicken broth
- 2 cups diced Pomodoro tomatoes, with no added salt
- 1 cup water
- 1 tablespoon chopped basil
- 2 bay leaves
- Dash of granulated garlic
- Black pepper to taste

### **Directions:**

Sauté the garlic, onion, carrot, and celery in the olive oil in a Dutch oven over medium heat until golden, about 2-3 minutes.

Add the rest of the ingredients and bring to a boil.

Cover the pan, reduce the heat to a simmer, and cook until the veggies are tender, about 15 minutes.

Purée the soup with a hand-held blender or by adding a cup at a time to a blender or food processor. Make sure not to overfill the food processor or splash soup on yourself. Serve hot.

### **Nutrition Information:**

Serves 6. Each cup serving contains 64 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 49 mg sodium, 9 g carbohydrate, 2 g dietary fiber, 4 g sugar, and 2 g protein.

Each serving also has 40% DV vitamin A, 18% DV vitamin C, 5% DV calcium, and 5% DV iron.

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