



TOMATO BASIL SOUP

ALL YOU NEED IS 30 MINUTES TO TURN FRESH TOMATOES AND BASIL INTO A SMOOTH, RICH, HOT SOUP. PAIR WITH CRUSTY BREAD AND A FRESH SALAD FOR A GREAT DINNER.

INGREDIENTS

- ¾ cup (60 mL) water or low-sodium vegetable broth
- 1 tsp (5 mL) salt
- 2 Roma tomatoes
- 1 can (28 oz./796 mL) whole tomatoes
- ½ medium onion
- 2 garlic cloves, peeled
- Add-In
- ¾ cup (60 mL) fresh basil leaves



DIRECTIONS

1. Add the ingredients to the Deluxe Cooking Blender in the order listed (don't add the basil). Replace and lock the lid. Turn the wheel to select the SOUP setting; press the wheel to start.
2. When the timer is up, press CANCEL. Remove the vented lid cap and carefully add the basil. Replace the cap and hold the PULSE button until the basil is fully combined.
3. Yield 6 servings

Nutrients per serving:

U.S. nutrients per serving (1 cup/250 mL): Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 540 mg, Carbohydrate 10 g, Fiber 2 g, Sugars 3 g, Protein 1 g