

Tomato Soup

4 servings

This soup is an excellent source of vitamin C. Vitamin C helps promote healing of cuts and scrapes.

- 1 Tablespoon vegetable oil or olive oil
- 1/2 cup onion, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, minced
- 8 ripe tomatoes, gently rubbed under cold running water, chopped, **or** 2 (14.5 ounce) cans chopped tomatoes
- 1 1/2 cups vegetable or chicken broth
- 1 teaspoon dried basil, **or** 1 Tablespoon fresh basil, gently rubbed under cold running water (optional)
- Salt (optional)
- Pepper (optional)



1. Wash hands with soap and water.
2. In a medium saucepan, heat oil.
3. Add onion and garlic. Cook for 2 minutes or until tender.
4. Stir in tomatoes. Cover, reduce heat, and simmer for 20 minutes. Stir a few times as soup is cooking.
5. Add broth and bring to a boil. Cover, reduce heat, and simmer for 10 minutes.
6. Stir in basil, salt, and pepper, if desired.
7. For smooth soup, allow to cool slightly, move contents to a blender and blend to desired consistency. Return to saucepan and heat to simmer.

Nutrition Information per Serving: (1/4 of recipe) Calories 90, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 400mg, Total Carbohydrates 13g, Dietary Fiber 2g, Sugars 8g, Protein 3g, Vitamin A 25%, Vitamin C 100%, Calcium 4%, Iron 10%.