



Visiting Nurse Association
of Northern New Jersey

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Fire-Roasted Tomato Basil Soup

Makes 4 servings. Recipe from Cooking Light.

Serving size 1-1/4 cups soup

Ingredients

- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon crushed red pepper
- 2 teaspoons minced garlic
- 1 tablespoon unsalted tomato paste
- 2 cups unsalted chicken stock
- 1/2 cup torn basil leaves
- 1 (14.5-oz.) cans unsalted fire-roasted tomatoes
- 1/2 teaspoon sugar
- 1/4 teaspoon freshly ground pepper
- 1/2 cup plain whole-milk Greek yogurt
- 2 tablespoons chopped fresh basil

Nutritional info per serving

Calories:	155
Total Fat:	5g
Fiber:	3g
Sodium:	346mg
Total Carbs:	20g
Protein:	8g
Sugars:	12g
Calcium:	6% DV
Potassium:	6% DV

Directions:

Step 1

Heat oil in a large Dutch oven over medium-high. Add onion; sauté 3 minutes. Add 1/4 teaspoon salt, crushed red pepper, and garlic; cook 1 minute. Stir in tomato paste; cook 1 minute. Add stock, torn basil leaves, and tomatoes; bring to a simmer. Cook 8 minutes. Stir in remaining 1/4 teaspoon salt, sugar, and freshly ground black pepper.

Step 2

Place tomato mixture in a blender. Remove center piece from blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening (to avoid splatters); blend until smooth. Place 1/4 cup soup and yogurt in a small bowl; stir until smooth. Stir yogurt mixture into remaining soup. Divide soup among 4 bowls; top evenly with chopped basil and your favorite flavored croutons.