

# Tomato Soup

## Ingredients

- 1 cup canned diced tomatoes, no salt added
- 1 cup tomato juice, no salt added
- 3-1/2 tbsp 1% milk
- 1/4 tsp kosher salt
- 1/8 tsp pepper
- 1 tbsp basil, chopped
- 1-1/2 tsp cream cheese, fat free

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 31 calories, 0.34 g fat, 0.12 g saturated fat, 129 mg sodium, 5.45 g carbohydrate, 0.74 g fiber, 3.8 g sugar, 1.86 g protein

## Directions

1. In a large pot, bring diced tomatoes and tomato juice to a boil. Reduce heat and simmer, uncovered for 30 minutes.
2. Place tomato mixture into a blender or food processor and blend until smooth, or leave chunky if desired.
3. Return to heat and add milk, seasonings, and cream cheese. Continue to cook over medium heat until all is fully incorporated.

