

Recipe: Tomato Basil Soup



Photo credit: Myplate.gov

Number of servings: 4

Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

Ingredients

- 1 medium onion (chopped)
- 1 tablespoon olive oil (or cooking oil of your choice)
- 2 garlic cloves (crushed, or 1/4 teaspoon garlic powder)
- 1 can low-sodium tomatoes (14 1/2 ounce, chopped)
- 1/8 teaspoon red pepper (or to taste)
- 1 teaspoon basil (dried)
- 2/3 cup non-fat dry milk (+ 2 cups water or substitute 2 cups non-fat milk)
- salt and pepper (optional, to taste)

Instructions

- Wash hands with soap and water.
- In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
- Add garlic and cook 1 minute longer. Add chopped tomatoes.
- Cook uncovered over medium heat for 10 minutes.
- Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan.
- Add red pepper, basil, and reconstituted milk to the soup.
- Heat until hot, but do not boil.
- Season to taste with salt and pepper (optional).
- Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 102

Total Fat 4g

Saturated Fat 1g

Trans Fat #

Cholesterol 2mg

Sodium 75mg

Total Carbohydrate 13g

Dietary Fiber 2g

Sugars 10g

Added Sugars 0mg

Protein 5g

Vitamin D 1mcg

Calcium 189mg

Iron 1mg

Potassium 444mg

Recipe credit: Myplate.gov, USDA's Collection of Nonfat Dry Milk Recipes
USDA Food and Nutrition Service
Food Distribution Service