



NUTRITION PER SERVING:

CALORIES 94
PROTEIN 5 G
CARBOHYDRATE 16 G
TOTAL FAT 0 G

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 C SOUP

- 1** CAN (14½ OZ) NO-SALT-ADDED DICED TOMATOES
- 1 C** JARRED ROASTED RED PEPPERS, DRAINED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS)
- 1 C** FAT-FREE EVAPORATED MILK
- 1 TSP** GARLIC POWDER
- ¼ TSP** GROUND BLACK PEPPER
- 2 TBSP** FRESH BASIL, RINSED AND CHOPPED (OR 2 TSP DRIED)

ZESTY TOMATO SOUP

NOT YOUR TRADITIONAL TOMATO SOUP, THIS QUICK-COOKING DISH CAN BE A SIDE OR LIGHT MAIN MEAL

- 01 Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
- 02 Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.
- 03 Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.
- 04 Add basil, and serve.
- 05 Optional step: Serve with whole-wheat croutons sprinkled on top



Older children can make the recipe themselves.

