

# Herbed Tomato Soup

## Ingredients:

- 1 ½ cups onion, finely chopped
- 3 cloves garlic, minced
- 1 Tbsp. extra-virgin olive oil
- 1 cup water
- 2 cups carrots, chopped
- 5 cups low-sodium canned tomatoes, diced
- ½ tsp. sugar
- ½ tsp. dried basil, crushed
- ½ tsp. dried thyme, crushed
- 1 cup fresh tomatoes, chopped



Servings: 10



\*GLUTEN-FREE



\*VEGAN



\*SOY FREE

## Instructions:

1. In a large saucepan, sauté onions and garlic in hot oil until tender, about 5 minutes.
2. Add water and carrots. Bring to boiling. Reduce heat; cover and simmer for 5 to 7 minutes or just until the carrots are tender.
3. Stir in the 5 cups of canned tomatoes, sugar, basil, and thyme. Bring to boiling. Reduce the heat and simmer, covered, for 20 minutes.
4. Cool slightly. Place one-third of tomato mixture in a food processor or blender container. Cover and process or blend until nearly smooth.
5. Repeat with remaining mixture.
6. Return to saucepan; stir in the chopped tomatoes. Heat thoroughly.

## Nutrition Facts

10 servings per container

Serving size **1 Cup (230g)**

Amount per serving

**Calories 70**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1mg **6%**

Potassium 122mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.