

Tomato Soup

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Recipe Modified from one a friend found on IG

Makes 4 – 1 cup servings. 1 point per cup

- 5 cups cherry or grape tomatoes (or regular tomatoes cut up)
- 1 Tbsp olive oil
- 1 Tbsp minced garlic
- 1 tsp salt
- pepper to taste
- 1 cup favorite pasta sauce (if using something other than zero point, adjust points accordingly)
- 1 cup chicken broth
- 1 Tbsp basil
- red pepper flakes to taste (I only use 1/4 tsp)

1. In a heavy pot, heat olive oil. Add tomatoes, salt and pepper and let cook for about 15 minutes, until tomatoes soften and start to char a bit and burst
2. Add remaining ingredients and cook for another 15 minutes.
3. Next, either use a hand blender or process in batches in a blender to get soup to a smooth consistency. Enjoy.

Soup
soup

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