

Fresh Tomato Soup

An easy, summery fat-free homemade tomato soup. Served smooth or chunky, this soup makes a flavorful serving of veggies!

Yield:

6-8 servings

Ingredients:

10 medium-large tomatoes (about 3 pounds), washed and diced

3 carrots, scrubbed, trimmed, and diced

5 celery ribs, diced*

2 huge onions, chopped

1 1/2 tablespoons minced garlic (about 6-8 cloves)

4 cups fat-free chicken broth**

2 tablespoons sugar

dash of black pepper

1 tablespoon dried basil

1 teaspoon dried oregano

1 1/2 teaspoons salt

Instructions:

1.
In a large stock pot, simmer the first 6 ingredients for about 1 hour, covered. Stir occasionally during cooking if needed. Vegetables should be tender.
2. Add remaining ingredients and simmer for an additional 10 minutes or so. Adjust salt to taste (important!).
3. Serve soup chunky if desired. For a smooth tomato soup, transfer hot soup to blender and blend until soup is smooth. Pour into bowls and serve.

Store leftovers in the fridge.



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This recipe is from Tammy's Recipes.