

# Tomato Soup

Prep time: 30 min

Serves: 8

2 cans of diced tomatoes

¼ cup of butter

½ cup of chopped red onions

2 minced garlic cloves

6 tbsp of all-purpose flour

1 carton of chicken broth

Grated parmesan cheese

Place the tomatoes in a blender and process until you get a puree.

Heat the butter on medium heat on saucepan

Add onions to the saucepan, cook until they're tender, then add garlic and cook for 1 additional minute

Remove the mixture from the heat, add the flour, and stir until it smoothens. Return mixture to heat and cook for one more minute, before adding broth.

Finally, add the tomato puree, and leave until it boils.

Reduce the heat and let the soup simmer for about 20 mins, sprinkle with parmesan, then serve



Nutrition Facts	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 1270mg	<b>55%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	