

Old-Fashioned Tomato Soup

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9465&news_iv_ctrl=1125

Ingredients

- 1 Tbs. butter
- 1 onion, finely chopped
- 2 large garlic cloves, chopped
- 1 can (28 oz.) diced tomatoes
- 1 Tbs. sugar
- 1 tsp. dried thyme
- 1/8 tsp. ground mace
- Pinch of cayenne pepper (to taste)
- 1/2 cup fat-free half-and-half cream
- Salt and freshly ground black pepper to taste
- 3 Tbs. snapped dill, for garnish (optional)

Instructions

1. Melt the butter in a small Dutch oven over medium-high heat. Sauté the onion until translucent, 4 minutes. Add the garlic and sauté until the onions are golden, 5-6 minutes.
2. Add the tomatoes with their juices, the sugar, thyme, mace, and cayenne. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes.
3. Let the soup sit 20 minutes, uncovered.
4. Transfer soup to a blender (or use immersion blender) and reduce the mixture to a puree, pulpy or completely smooth, as desired. Blend in the half-and-half. Season to taste with salt and pepper.
5. Serve soup hot, sprinkling one-fourth of the dill over each bowl, if using.

Makes 4 servings

Nutrition information per serving:

Calories	105
Carbohydrates	18 g
Dietary Fiber	<1 g
Protein	3 g
Total Fat	3 g
Saturated Fat	2 g
Sodium	586 mg



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