



## CHILLED GARDEN FRESH TOMATO SOUP

Intermediate Lifestyle

### Ingredients

3 cups peeled, chopped fresh tomatoes (about 3 large tomatoes) or canned plum tomatoes & juice  
3 cups canned tomato juice (or use enough fresh and canned tomatoes with their juice to make 3 cups)  
2 TBS lemon juice  
1 TBS Worcestershire Sauce  
1 TBS red wine vinegar  
1 TSP Splenda  
½ TSP hot seasoning sauce  
1/4 TSP cumin  
1/4 TSP dill (dried or fresh)  
a pinch of Morton's Lite salt (*if* you are using fresh tomatoes)  
1 cup chopped chives or green onions

### Instructions

1. In a large bowl combine all the tomato ingredients, using a sharp knife to chop the tomatoes against the side of the bowl if you are using canned plum tomatoes.
2. Stir the tomato mixture together, then season with the rest of the ingredients.
3. Refrigerate for a time before serving. Garnish with chives or onions before serving.

### Portion-Per-Serving Information (Yields 4 servings)

1 serving = 1-1/2 cups soup with 1/4 cup chives or onions = 3 V