



SPICY TOMATO SOUP

Intermediate Lifestyle

Ingredients

- 4 cups chopped plum tomatoes
- 2 cups V8 100% Vegetable Juice
- 4 TSP fat-free powdered non-dairy creamer
- 2 TSP onion powder
- 2 TSP garlic powder
- 2 TBS Frank's RedHot Original Cayenne Pepper Sauce

Instructions

1. Cook tomatoes in a large pot over medium heat for 5 minutes or until very soft, stirring occasionally. Remove tomatoes from heat and allow to cool for a few minutes.
2. Transfer tomatoes to a food processor or blender. Pulse briefly to a pulpy puree. Return tomatoes to the pot and add all additional ingredients.
3. Stir well and continuously while bringing soup to a near boil. Allow to cool slightly before serving.

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

1 serving = 1 cup = 2 V