



TOMATO-BASIL SOUP

Intermediate Lifestyle

Ingredients

4 cups chopped seeded peeled tomato (about 4 large)
4 cups low-sodium tomato juice
1/3 cup fresh basil leaves
1 cup 1% low-fat milk
1/4 TSP salt
1/4 TSP cracked black pepper
1/2 cup (4 ounces) 1/3-less-fat cream cheese, softened
Basil leaves, thinly sliced (optional)

Instructions

1. Bring tomato and juice to a boil in a large saucepan. Reduce heat; simmer, uncovered, 30 minutes.
2. Place tomato mixture and basil in a blender or food processor; process until smooth. Return pureed mixture to pan; stir in milk, salt, and pepper. Add cream cheese, stirring well with a whisk, and cook over medium heat until thick (about 5 minutes).
3. Ladle soup into individual bowls; garnish with sliced basil, if desired. Serve with bread.

Portion-Per-Serving Information (Yields 8 servings): 1 serving = 1 cup = 2 V