

Cool Tomato Soup

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

2 cans (10 3/4 ounce) chicken broth, undiluted

1 1/2 cups water

1 can (28 ounce) whole tomatoes, undrained and coarsely chopped

1 large onion, coarsely chopped

1 large baking potato, peeled and cubed

4 bay leaves

1/2 teaspoon dried whole basil

1/8 teaspoon pepper

1/2 cup plain low-fat yogurt

In a small Dutch oven, combine the broth, water, tomatoes, onion, potato, bay leaves, basil and pepper. Bring to a boil. Cover and reduce the heat. Simmer for 20 minutes or until the vegetables are tender. Remove and discard the bay leaves.

Pour the soup mixture, one-third at a time, into the container of an electric blender. Process until smooth.

Chill the soup thoroughly.

Ladle into individual bowls to serve.

Top each serving with one tablespoon of the yogurt.

Yield: 8 cups

Per Serving (excluding unknown items): 371 Calories; 5g Fat (12.9% calories from fat); 22g Protein; 60g Carbohydrate; 7g Dietary Fiber; 7mg Cholesterol; 1649mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.