

Easy Tomato Soup

Nancy Vienneau - Nashville, TN
The Third Thursday Community Potluck Cookbook

2 tablespoons olive oil
2 carrots, chopped
1 small onion, chopped
2 cloves garlic, chopped
1 can (28 ounce) crushed tomatoes
1 can (14 ounce) diced tomatoes
1 - 2 cups water or broth
2 tablespoons brown sugar
splash wine or vinegar
1 cup milk
croutons

In a large saucepan, heat the oil. Add the carrots, onion and garlic. Saute' for 15 minutes or until tender.

Add the tomatoes and broth to the desired thickness. Simmer for 30 minutes to allow the flavors to mingle and blend.

Add the brown sugar, vinegar and milk. Stir well and heat through.

Serve topped with croutons.

Per Serving (excluding unknown items): 627 Calories; 36g Fat (50.1% calories from fat); 14g Protein; 68g Carbohydrate; 10g Dietary Fiber; 33mg Cholesterol; 278mg Sodium. Exchanges: 7 1/2 Vegetable; 1 Non-Fat Milk; 7 Fat; 1 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	627
% Calories from Fat:	50.1%
% Calories from Carbohydrates:	41.6%
% Calories from Protein:	8.4%
Total Fat (g):	36g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	33mg
Carbohydrate (g):	68g
Dietary Fiber (g):	10g
	14g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	89mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):
Sodium (mg): 278mg
Potassium (mg): 1673mg
Calcium (mg): 408mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 65mg
Vitamin A (i.u.): 42361IU
Vitamin A (r.e.): 4296 1/2RE

Lean Meat:
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 1
Fat: 7
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 627 **Calories from Fat:** 314

% Daily Values*

Total Fat	36g	56%
Saturated Fat	9g	44%
Cholesterol	33mg	11%
Sodium	278mg	12%
Total Carbohydrates	68g	23%
Dietary Fiber	10g	38%
Protein	14g	
Vitamin A		847%
Vitamin C		108%
Calcium		41%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.