

Homestyle Cream of Tomato Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 4

6 tomatoes (peeled and chopped) OR
12 ounce canned tomatoes (drained)
1 tablespoon butter
1 onion, finely chopped
1 clove garlic, minced
2 tablespoons tomato paste
1/2 teaspoon sugar
salt and pepper
1/4 teaspoon thyme
1/2 cup vegetable or chicken broth
1/2 cup light cream
tomato, sliced
basil and fresh parsley, chopped

To peel the fresh tomatoes, arrange in a microwave-safe bowl. Cover with hot water. Seal the bowl with plastic wrap. In the microwave, bring to a boil on HIGH. Remove from the microwave. Peel the tomatoes under running cold water.

In a second bowl, mix the butter, onion and garlic. Cook in the microwave for one minute on HIGH.

Remove from the oven. Add the tomatoes, tomato paste, sugar and seasonings. Continue cooking for 7 minutes on HIGH. Stir once.

In a blender, puree the mixture. Fold in the broth and cream.

Serve hot or chilled, garnished with a tomato slice, basil and parsley.

Per Serving (excluding unknown items): 105 Calories; 9g Fat (72.7% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	21.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 9g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 28mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 107mg
Potassium (mg): 161mg
Calcium (mg): 41mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 528IU
Vitamin A (r.e.): 101 1/2RE

Folacin (mcg): 8mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 105 Calories from Fat: 76

% Daily Values*

Total Fat	9g	13%
Saturated Fat	5g	27%
Cholesterol	28mg	9%
Sodium	107mg	4%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	4%
Protein	2g	
Vitamin A		11%
Vitamin C		10%
Calcium		4%
Iron		2%

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