

Quick Tomato Soup

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Servings: 6**Yield: 1 1/2 quarts**

1/4 cup butter
1/4 cup all-purpose flour
1 teaspoon curry powder
1/4 teaspoon onion powder
1 can (46 ounce) tomato juice
1/4 cup sugar
croutons (optional)

In a large saucepan, melt the butter. Stir in the flour, curry powder and onion powder until smooth.

Gradually add the tomato juice and sugar.

Cook, uncovered, until thickened and heated through, about 5 minutes.

If desired, serve with croutons.

ADD-IN OPTIONS

Mediterranean Tomato Soup: Add one can drained chickpeas, cumin, paprika and crumbled feta cheese. Serve with a lemon wedge.

BLT Toamto Soup: Top with crumbled bacon, shredded lettuce and salad croutons.

Indian-Spiced Tomato Soup: Add garam-masala, turmeric and chili powder. Top with cilantro. Serve with warm Naan bread.

Per Serving (excluding unknown items): 124 Calories; 8g Fat (55.1% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 152mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.