

Tomato Soup

Ingredients:

- 1 cup roasted red peppers
- 15 ounces low sodium tomatoes, canned
- 8 ounces evaporated skim milk
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 teaspoons basil

Equipment:

- Saucepan
 - Blender
 - Can opener
 - Measuring spoons
- Number of Servings: 4
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Open and drain roasted red peppers, pour into blender
2. Open tomatoes, add to blender. Puree until smooth
3. Pour mixture into medium saucepan and bring to a boil over medium heat
4. Open evaporated milk and pour into tomato. mixture.
5. Add garlic powder and pepper, return to boil, reduce heat and gently simmer for 5 minutes.
6. Add basil and serve.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 76	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 2mg	1%
Sodium 77mg	3%
Potassium 509mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Protein 6g	12%
Vitamin A 47%	Vitamin C 107%
Iron 6%	Calcium 22%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.