



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	94
<b>PROTEIN</b>	5 G
<b>CARBOHYDRATE</b>	16 G
<b>TOTAL FAT</b>	0 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 C SOUP

- 1** CAN (14½ OZ) NO-SALT-ADDED DICED TOMATOES
- 1 C** JARRED ROASTED RED PEPPERS, DRAINED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS)
- 1 C** FAT-FREE EVAPORATED MILK
- 1 TSP** GARLIC POWDER
- ¼ TSP** GROUND BLACK PEPPER
- 2 TBSP** FRESH BASIL, RINSED AND CHOPPED (OR 2 TSP DRIED)



## ZESTY TOMATO SOUP

NOT YOUR TRADITIONAL TOMATO SOUP, THIS QUICK-COOKING DISH CAN BE A SIDE OR LIGHT MAIN MEAL

- 01** Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
- 02** Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.
- 03** Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.
- 04** Add basil, and serve.
- 05** Optional step: Serve with whole-wheat croutons sprinkled on top



Older children can make the recipe themselves.

