

Tomato Basil Soup

Servings: 4

RECIPE BOX

INGREDIENTS

1 TBSP EXTRA VIRGIN OLIVE OIL
7 CUPS CANNED TOMATOES
3 CLOVES GARLIC, MINCED
1 ONION CHOPPED
1 CUP BASIL
1/2 CUP CASHEWS
3 TBSP NUTRITIONAL YEAST



DIRECTIONS:

STEP 1: Heat large saucepan with EVOO.

STEP 2: Sauté onion and garlic for 2-3 minutes. Add tomato, basil, cooking for approximately 1 minute.

STEP 3: Transfer heated mixture to a blender, add cashews and yeast. Blend until smooth.

STEP 4: Return to saucepan, add salt and pepper. Cook until heated through.

STEP 5: Serve with a piece of whole wheat bread or toast.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 223, Total Fat 11g, Carbs 24g, Protein 9g, Fiber 4g, Sugars 11g.

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