

Traditional Healthy Tomato Bisque

Serving Size: 1 cup

Serves: 6

Ingredients

1 tablespoon butter
1 small onion, finely chopped
1 stalk celery, finely chopped
1 carrot, finely chopped
2 cloves garlic, minced
3 tablespoons all purpose flour
4 cups low sodium vegetable broth
3 tablespoons tomato paste
2 pounds fresh tomatoes, diced
1 tablespoon sugar
¼ teaspoon ground nutmeg
¼ cup fat free half and half
Black pepper to taste

Directions

Melt the butter in a large saucepan. Stir in the onion, celery, carrot, and garlic. Saute until the vegetables are tender about 8 minutes.

Sprinkle in the flour and stir until roughly mixed.

Add the vegetable broth and tomato paste and stir until smooth.

Add the tomatoes, sugar and nutmeg. Bring to a boil over high heat then reduce heat, cover and simmer about 15 minutes stirring occasionally until the mixture is smooth and well blended.

Stir in the half and half and bring to serving temperature.

Season with pepper before serving.

This soup may be pureed in a blender if you prefer a smoother consistency.

Exchanges per serving:

1 Starch, ½ Vegetable, ½ Fat

Nutrients per serving:

Calories: 103

Calories from fat: 22

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 5mg

Sodium: 275mg

Carbohydrate: 19g

Dietary Fiber: 3g

Protein: 3g