



Tomato-Basil Soup

This tasty, low-fat, low-calorie soup provides a generous serving of lycopene, a cancer-fighting antioxidant. While many fruits and vegetables contain lycopene, tomatoes contain the highest concentration of this carotenoid. If you're thinking soup and salad, think about including this aromatic selection.

Ingredients

- 4 cups low-sodium tomato juice
- 1 (28 ounce) can low-sodium crushed tomatoes
- 1/3 cup fresh basil leaves
- 3 ounces light cream cheese, softened
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup fat-free milk

Directions

- Bring tomato juice and crushed tomatoes to a boil in a large saucepan, then reduce heat and simmer uncovered for 20 minutes
- Finely chop fresh basil and add to the tomato mixture, simmer for 5 more minutes.
- Stir in milk, salt and pepper
- Add softened cream cheese and cook over medium heat until thick, about 5 minutes
- Transfer to a bowl and garnish with extra sliced basil, if desired
- Makes four (2 cup) servings

The Data (per serving)

Calories: 170 cal	Carbs: 26 gm	Total Fat: 3.5 gm
Protein: 8 gm	Fiber: 3.5 gm	Sat. Fat: 2.5 gm