

Creamy Tomato Thyme Soup

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Although tomatoes are best fresh off the vine, good-quality jarred or boxed tomatoes are an enjoyable and healthy treat that can be savored throughout the year. Processed tomato products not only retain most of their nutrients, but they also actually contain more bio-available lycopene than their raw, fresh counterparts. Lycopene has been linked to the reduced risk of heart disease and certain cancers.

soup to pot. Stir in Sucanat, reheating soup if necessary. Serve soup warm, stirring in yogurt and garnishing with Parmesan and thyme leaves.

ONE: Heat oil in a large saucapan on medium-low. Add onion, carrot and celery and cook, stirring occasionally, until vegetables are softened and just starting to brown, about 12 minutes. Add garlic, thyme and pepper flakes and cook, stirring, for 1 more minute. Add tomatoes, including juices, and broth. Increase heat to high and bring mixture to a boil, then reduce heat to low. Simmer, stirring occasionally, for 20 minutes.

TWO: Puree soup using an immersion blender or by transferring it, in batches, to a countertop blender (TIP: Only fill blender jar half full and leave lid slightly ajar to allow steam to escape when blending hot liquids). If applicable, return

INSTRUCTIONS:

FOLD LINE

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CREAMY TOMATO THYME SOUP

Serves 4. Hands-on time: 25 minutes. Total time: 45 minutes.



INGREDIENTS:

- 2 tbsp olive oil
- 1 medium yellow onion, chopped
- 1 large carrot, peeled and chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 tsp fresh thyme leaves, plus additional for garnish
- Pinch crushed red pepper flakes
- 3½ cups chopped tomatoes including juices (fresh, jarred or boxed)
- 2 cups low-sodium chicken broth
- 1 tsp Sucanat
- 2 tbsp 2% plain Greek-style yogurt
- 4 tsp shredded low-fat Parmesan cheese

Nutrients per serving (1 cup soup and 1 tsp cheese): Calories: 151, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 15 g, Fiber: 3 g, Sugars: 8 g, Protein: 6 g, Sodium: 117 mg, Cholesterol: 1.5 mg

