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Prevent and Protect
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TOMATO SOUP WITH MOZZARELLA CROUTONS (Serves 4)

For the Soup:

- 1 28-oz can whole peeled plum tomatoes
- 2 Tablespoons olive oil
- ½ Teaspoon red pepper flakes
- 2 Cloves of garlic, minced
- 1 Cup diced onion
- 2½ Cups low-sodium chicken stock
- Kosher Salt; freshly ground pepper to taste

For the Croutons:

- ½ Baguette, sliced (about 16 slices)
- 8 Ounces fresh mozzarella, thinly sliced
- Olive Oil (for drizzling)
- Fresh basil leaves

Pulse tomatoes and liquid in a food processor until chopped. Heat oil and red pepper flakes in a saucepan over medium heat. Add garlic and onion. Cook, stirring until onions are tender, about 6 minutes. Add tomatoes and stock and bring to a boil. Reduce to a simmer and stir occasionally, until slightly reduced, about 30 minutes. Puree until smooth; season with salt and pepper.

Meanwhile, drizzle bread with oil. Toast in 375 oven until it begins to turn golden, about 5 minutes. Top with mozzarella and return to oven. Cook until cheese begins to melt, about 1 minute more.

Top with fresh basil, season with salt and pepper, and serve with soup.

PER SERVING: 382 calories 9 g saturated fat; 10 g unsaturated fat; 45 mg cholesterol; 29 g carb; 981 mg sodium; 20 g protein