



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

TOMATO-BASIL SOUP
COOKING LIGHT – MARCH 2012
Serves 4

- 1 tablespoon extra-virgin olive oil
- 1½ cups pre-chopped onion
- 3 garlic cloves, chopped
- ¾ cup chopped fresh basil
- 1 28-ounce can fire-roasted diced tomatoes, undrained
- ½ cup (4 ounces) 1/3-less-fat cream cheese, cut into cubes
- 2 cups 1% low-fat milk
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 12 (1/2-inch-thick) slices French bread
- Cooking spray
- 1 garlic clove, halved
- 1 ounce shredded Asiago cheese

- Preheat broiler to high.
- Heat olive oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Stir in garlic; cook for 1 minute. Add basil and tomatoes; bring to a boil. Stir in cheese until melted. Place mixture in blender, and blend until smooth. Return to pan; stir in milk, salt, and pepper. Return to medium-high heat; cook 2 minutes.
- Place bread on baking sheet; lightly coat with spray. Broil 1 minute. Rub garlic over toasted side; turn bread over. Top with Asiago; broil 1 minute.