

# Zesty Tomato Soup

*Yield: 4 servings*



**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

*University of Arkansas System*

## **INGREDIENTS**

- 1 can (14.5 ounces) no-salt added diced tomatoes
- 1 cup roasted red peppers, drained
- 1 cup evaporated milk, fat-free
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

## **INSTRUCTIONS**

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
2. Put tomato mixture in a medium saucepan and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder and pepper. Return to a boil, reduce heat to low and gently simmer for 5 minutes.
4. Add basil and serve.

## **NOTES**

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 94  
Total fat 0g  
Saturated fat 0g  
Sodium 231mg  
Protein 5g

Source: SNAP-Ed Connection

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