

Cream of Tomato

Everyone loves soup and sandwich - but making it yourself can be inexpensive and a lot healthier. Make a low-cal tomato soup 1-2-3 with canned tomatoes, garlic, olive oil and a spoonful of sour cream - you can even make this in a blender. Homemade tomato soup doesn't have all that corn syrup, preservative and sodium that comes in the pre-made canned soup - it's also ¼ the price.

Serves 4, each 1 1/2 cups of soup

Ingredients

- 1 stalk celery, diced
- 1 small carrot, diced
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 1 26-ounce (14-ounce) can diced tomatoes or whole peeled tomatoes
- 2 cups water
- 1/4 cup reduced-fat cream cheese
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 8 ounce chicken breast, cooked and cubed

Directions

Heat a large stockpot over medium-high heat. Add the oil. When the oil is warm, add the celery, carrot, and onion. Cook 8-10 minutes, stirring occasionally until the vegetables are soft. Add the tomato paste and turn the heat down to medium. Cook an addition 1-2 minutes until the paste become fragrant and begins to brown.

Stir in the chopped tomatoes and 2 cups of water. Bring to a boil. Reduce to a simmer and cook 10 to 15 minutes until the soup begins to thicken. Add the cream cheese, salt and pepper. Blend with an immersion blender or transfer to a blender to puree. Top with chicken and serve immediately.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!