

# MAKE A GREAT PLATE.

Enjoy this warm and comforting soup on a cold night.

## Creamy Roasted Tomato Soup

### INGREDIENTS

3 cups **tomatoes**, quartered

4 cloves **garlic**, minced

2 tbsp **extra-virgin olive oil**

$\frac{1}{2}$  tsp **salt**

4 cups **low-sodium stock**

1 cup **evaporated milk**

4 tbsp freshly **chopped basil**



### DIRECTIONS

**Preheat** oven to 450°F. **Spread** tomatoes and garlic on baking tray and drizzle with olive oil and salt. **Roast** 40 minutes. **In** a large stockpot, add roasted tomatoes and stock. **Bring** to a boil, reduce heat and simmer about 20 minutes. **Remove** from heat, add milk and blend with immersion blender until smooth. **Serve** warm garnished with basil and salt to taste.

**Makes 4 servings. Each:** 207 calories • 10g protein • 14g carb • 3g sugar • 2g fiber • 435mg sodium • 13g total fat • 3g saturated fat • 6g mono fat • 3g poly fat