

# Tomato Basil Soup

Rating: ★★ ★

Makes: 4 servings

## Ingredients

- 1 onion (medium, chopped)
- 1 **tablespoon** olive oil
- 2 garlic clove (crushed, or 1/4 teaspoon garlic powder)
- 1 **can** tomatoes (15 1/2 ounce, drained and chopped)
- 1 **pinch** red pepper (ground)
- 1 **teaspoon** basil (dried)
- 2/3 **cup** non-fat dry milk (NDM) (+ 2 cups water or substitute 2 cups nonfat milk for the reconstituted NDM)
- salt and pepper (optional, to taste)

## Directions

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.
3. Cook uncovered over medium heat for 10 minutes.
4. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and reconstitute NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

USDA Food and Nutrition Service, USDA's Collection of Nonfat Dry Milk (NDM) RecipesFood Distribution Service

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	4 g	6%
Protein	6 g	
Carbohydrates	18 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	210 mg	9%