



Tomato Soup

Ingredients:

 cup roasted red peppers
ounces low sodium tomatoes, canned
ounces evaporated skim milk
teaspoon garlic powder
teaspoon black pepper
teaspoons basil

Equipment:

Saucepan Blender Can opener Measuring spoons

Number of Servings: 4 Prep Time: 30 minutes Total Time: 30 minutes

Directions

- 1. Open and drain roasted red peppers, pour into blender
- 2. Open tomatoes, add to blender. Puree until smooth
- 3. Pour mixture into medium saucepan and bring to a boil over medium heat
- 4. Open evaporated milk and pour into tomato. mixture.
- 5. Add garlic powder and pepper, return to boil, reduce heat and gently simmer for 5 minutes.
- 6. Add basil and serve.

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Recipes

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 1 cup

Amount Per S	erving			
Calories 76	5	Calories from	n Fat 0	
		%Daily	Value*	
Total Fat 0g			0%	
Saturated Fat 0g			0%	
Cholesterol 2mg Sodium 77mg			1%	
			3%	
Potassium		15%		
Total Carbo	ohydrate	14g	5%	
Dietary Fiber 2g			8%	
Protein 6g			12%	
Vitamin A	47%	Vitamin C	107%	
Iron	6%	Calcium	22%	

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