

Tomato Basil Soup

8 medium tomatoes	$\frac{1}{2}$ tsp each salt and pepper , or more to taste
2 tbsp extra virgin olive oil	
1 shallot , chopped	3 tbsp fresh basil leaves , chopped
1 clove garlic , chopped	$\frac{1}{4}$ cup Parmesan cheese , grated
$\frac{1}{2}$ tsp each dried basil and oregano	

Peel and dice tomatoes. Put in blender and blend until smooth. Heat olive oil in saucepan on medium heat. Add shallot, garlic and herbs, and cook until soft, about 4 minutes. Add tomatoes, salt and pepper to saucepan. Simmer for 5 minutes. Ladle into 4 bowls. Top with fresh basil and a sprinkle of Parmesan.



Makes 4 servings. Each:

138 calories ❖ 4g protein ❖ 10g total fat
❖ 4mg chol ❖ 12g carb ❖ 0g sugar ❖
3g fiber ❖ 406mg sodium