

TOMATO, ROASTED GARLIC, EGGPLANT SOUP FIT

Serving size: 8 fl oz

Makes 8 servings

- 5 cups Eggplant, peeled, small dice
- 2 TBSP Garlic, sliced
- 2 tsp Canola Oil
- 2 TBSP Balsamic Vinegar
- 2 ½ tsp Canola Oil
- ½ cup Yellow Onion, diced
- ½ cup Celery, diced
- ½ cup Carrots, peeled, diced
- 1 ½ cups Tomato Puree
- 1 qt Low Sodium Vegetable Broth
- ½ tsp Thyme Leaves
- ½ tsp Black Pepper
- ½ tsp Salt
- 4 TBSP Basil, chopped

Preparation:

1. Toss eggplant in bowl with sliced garlic, oil and balsamic vinegar. Roast in 375°F oven until golden brown. Set aside.
2. Heat oil in a pot. Sauté onions, celery, and carrots until onions are translucent.
3. Add tomato puree, vegetable broth, thyme, and black pepper. Stir well and simmer for 45 minutes.
4. Puree soup until smooth with immersion blender.
5. Stir in roasted eggplant, salt and basil. Serve warm.



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Recipe

NUTRITION FACTS PER SERVING

calories	80
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	260
total carbohydrate (g)	13
dietary fiber (g)	3
sugar (g)	6
protein (g)	2