

Creamy Tomato, Basil Soup

Portion Size: 1 cup

Yield: 8

Ingredients:

Diced Tomatoes in Juice	5 cups
Canola Oil	1 TBSP
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Carrots, peeled chopped	1/3 cup
Onion, yellow, diced	1/2 cup
Garlic, chopped	2 3/4 tsp
Low Sodium Vegetable Broth	2 1/2 cups
Granulated Sugar	4 tsp
Salt	1 1/2 tsp
Basil Leaves, fresh	1/4 cup
Half & Half	1/3 cup

Preparation:

1. Drain tomatoes and reserve juice. Toss drained tomatoes in oil then spread on sheet pan. Bake at 400°F until golden brown.
2. Heat oil in soup pot. Sweat carrots, onions, garlic. Add reserved tomato juice, vegetable broth and roasted tomatoes. Bring to boil and cook for 10 minutes to blend the flavors.
3. Add the sugar, salt and basil. Blend with a burr mixer.
4. Add the half and half and stir.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
110	2	13	4	9	7	2	430



BLOG

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