

# Tomato Soup with Basil – Parmesan Cream

This recipe serves: 12  
**Preparation time:** 20 minutes  
**Cooking time:** 35 minutes

## Ingredients

1/2 tablespoon olive oil  
1/2 cup finely chopped carrots  
1/2 cup finely chopped celery  
1 large onion, chopped  
10 ripe plum tomatoes, halved  
salt to taste  
freshly ground black pepper  
1 bay leaf  
1/4 teaspoon dried oregano  
3 cups low-sodium chicken broth or vegetable broth  
1/4 cup chopped, fresh basil leaves  
1/4 cup freshly grated Parmesan cheese  
3 tablespoons non-fat sour cream

## Cooking Instructions

1. Heat the olive oil in a saucepan over medium-low heat. Add the carrot, celery, onion and tomatoes, season lightly with salt and pepper, and cook 10 minutes.
2. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 20 minutes.
4. Blend the basil, Parmesan cheese and sour cream together and set aside.
5. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper.
6. Serve the soup in bowls with a dollop of basil-Parmesan cream.

## Nutrition Facts

**Serving Size** 1 1/2 cups

<b>Calories</b>	114
<b>Total Fat</b>	4g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	16g
<b>Dietary Fiber</b>	4g
<b>Sodium</b>	271mg
<b>Protein</b>	6g
<b>Percent Calories from Fat</b>	28%
<b>Percent Calories from Protein</b>	19%
<b>Percent Calories from Carbohydrate</b>	52%

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