



Cheesy Tomato Soup



1-800-WIC-1007

Ingredients

- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 3 garlic cloves, chopped
- 4 cups cherry or grape tomatoes, halved
- 3 cups low-sodium chicken or vegetable broth
- 6 slices whole wheat bread
- $\frac{2}{3}$ cup chopped fresh basil or 1 tablespoon dried
- 6 tablespoons shredded cheese (Parmesan or mozzarella)

Directions

1. Heat a soup pot on medium heat and add the olive oil. When the oil begins to sizzle, add the onions and stir using a wooden spoon for 1-2 minutes.
2. Add the chopped garlic and cover. Let cook for 2-3 minutes.
3. Add the cherry tomatoes to the pot with a splash of water. Cover and let cook for 3-5 minutes, stirring frequently.
4. Add the broth and bring to a simmer. Let simmer for another 5-10 minutes.
5. Toast whole wheat bread and place in the bottom of soup bowls for serving. Ladle 1 cup of soup in to each bowl. Top with shredded cheese and fresh basil. Serve immediately.

Serves: 6 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 20 minutes

Chef Tips

1. Use a 28 oz. can of diced tomatoes instead of fresh
2. Add ½ cup of brown rice or pasta – make sure to allow extra cooking time if you do this
3. Add 1 can of rinsed and drained pinto beans at step 4 for extra protein
4. Add 1 cup fresh spinach or other leafy greens for more veggies
5. Try rubbing peeled fresh garlic on the toasted bread before serving for added flavor



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Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Soup pot
- Wooden spoon

Nutrition Facts Per Serving: 186 Calories, 8 g Fat, 20 g Carbohydrate, 10 g Protein, 213 mg Sodium