**Cheesey Tomato Soup**

**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
* 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**

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

**Supplies**

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

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