Cherry Tomato Soup

A quick and simple recipe with little prep work needed, this is a delicious soup to throw together on a whim when you can't decide what to make! This soup is packed with fibre, vitamins A and C, iron, and protein. Choosing small multi-coloured heirloom tomatoes provides a more mellow taste and additional nutrients though a normal red punnet is just as great too!

Prep: 10 minutes • Total: 30 minutes

Ingredients:

Garlic, minced	1 clove	1 clove
Onion, chopped	1 medium	1 medium
Cherry tomatoes, halved	2 cups	500 mL
Olive oil	1 Tbsp	15 mL
Sherry vinegar	1 Tbsp	15 mL
Passata (tomato puree)	1 ½ cups	375 mL
Vegetable stock	1 cup	250 mL
Fresh basil leaves, torn	2 Tbsp	30 mL
Salt	To taste	To taste
Pepper	To taste	To taste

Directions:

1. Mince the garlic, chop the onion and halve the cherry tomatoes.
2. Heat the olive oil in a saucepan.
3. Add the garlic and onion and fry until softened.
4. Slowly add the vinegar, allowing it to boil and evaporate until little liquid is left.
5. Add the cherry tomatoes and cook on medium heat for 10 minutes.
6. Pour in the passata and the vegetable stock; bring to a simmer.
7. Add the torn/shredded basil leaves, and season with salt and pepper.
8. Simmer for another 10 minutes.
9. Serve immediately.

Nutrition Facts

Serving Size (618g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 8g	**32%**
Sugars 15g	
Protein 6g	

Vitamin A 60% • Vitamin C 80%
Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Makes 2 servings (618 g / serving) • 1 serving = 1 large bowl of soup (½ the recipe)

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