

SOUP

Oatmeal and Tomato Soup

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.46	193 kcal



Oatmeal and Tomato Soup is a hor d'oeuvre that serves 4. For 46 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. One serving contains 193 calories, 4g of protein, and 11g of fat. 22 people have tried and liked this recipe. It is perfect for Winter.

Ingredients

- ☐ 14½ ounce stewed tomatoes
canned
- ☐ 3½ tablespoons margarine
- ☐ ¾ cup rolled oats
- ☐ 4 cups water
- ☐ 3 cloves crushed garlic
- ☐ 1 onion, chopped
- ☐ 4 servings salt and pepper to taste

EQUIPMENT Frying pan, Sauce pan

Method

- 1 In a skillet, saute onion and garlic in butter, until onion becomes tender and begins to brown.
- 2 Add undrained tomatoes, water, salt and pepper. Bring to a simmer.
- 3 While soup is simmering, toast rolled oats in a heavy bottomed sauce pan, stirring till they are brown. Stir in oats to soup and cook for about 6 to 10 minutes, and then serve.

Nutrition per serving

193	4 g	11 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.3 g · 14% of daily needs
Fibre			4 g · 16% of daily needs
Sugar			5.9 g · 7% of daily needs
Sodium			459 mg · 20% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			12.2 mg · 15% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/oatmeal-and-tomato-soup-148439