



Tomato Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes diced cored chopped canned
- ☐ 1 carrots chopped
- ☐ 0.3 cup basil fresh chopped for garnish, optional
- ☐ 1 sprig thyme dried fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onion halved thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 teaspoon sugar

- ☐ 2 cups sacramento tomato juice
- ☐ 2 tablespoons tomato paste

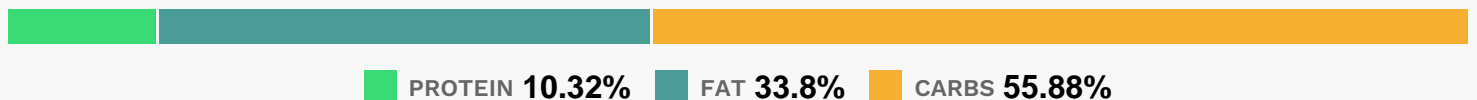
Equipment

- ☐ pot

Directions

- ☐ Put the oil in a large pot over medium heat. When it's hot, add the onion and carrot, sprinkle with salt and pepper, and cook, stirring, until the vegetables begin to soften (3–5 minutes).
- ☐ Add the tomato paste, lower the heat a bit, and continue to cook, stirring to coat the vegetables with the paste, until the paste begins to darken--don't let it burn (1–2 minutes).
- ☐ Strip the thyme leaves from the stem and add them to the pot along with the tomatoes. Cook, stirring occasionally, until the tomatoes break down (10–15 minutes).
- ☐ Add 2 cups of the water or juice and bring to a boil, then adjust the heat so that the mixture bubbles gently.
- ☐ Let cook until the flavors meld (5 more minutes).
- ☐ Taste and adjust the seasoning; if the soup tastes flat (but salty enough), stir in the sugar. If it's too thick, add more water, 1/4 cup at a time. If it's too thin, cook until it thickens and reduces slightly (this will also intensify the flavors).
- ☐ Garnish with basil, if using, and serve.
- ☐ Change It Up!
- ☐ Add 1/2 cup white rice, bulgur, or couscous with the water in Step 2, along with 1 more cup liquid. Cook until the grain is tender (5–15 minutes) and be prepared to add a little more water if the soup gets too thick.
- ☐ Spiced Tomato Soup: Instead of the fresh thyme and basil, add 1 TBSP curry or chili powder or 1 tsp smoked paprika (pimentn) along with the tomato paste in Step

Nutrition Facts



Properties

Glycemic Index:82.06, Glycemic Load:8.39, Inflammation Score:-10, Nutrition Score:20.442608833313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 185.74kcal (9.29%), Fat: 7.78g (11.96%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 22.86g (8.31%), Sugar: 18.09g (20.1%), Cholesterol: 0mg (0%), Sodium: 544.16mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 3732.8IU (74.66%), Vitamin C: 47.61mg (57.71%), Potassium: 1076.49mg (30.76%), Manganese: 0.6mg (30.13%), Vitamin K: 31.18µg (29.7%), Vitamin E: 4.36mg (29.09%), Vitamin B6: 0.54mg (27.03%), Copper: 0.5mg (25.15%), Fiber: 6.06g (24.25%), Iron: 3.9mg (21.67%), Vitamin B3: 3.73mg (18.64%), Vitamin B1: 0.25mg (16.53%), Folate: 66.11µg (16.53%), Magnesium: 65.26mg (16.31%), Phosphorus: 114.64mg (11.46%), Calcium: 107.76mg (10.78%), Vitamin B2: 0.18mg (10.54%), Vitamin B5: 0.98mg (9.79%), Zinc: 0.93mg (6.18%), Selenium: 2.29µg (3.27%)