



## Tomato Soup with Roasted Garlic and Seasonal Herbs

READY IN



30 min.

SERVINGS



4

### Directions

- Transfer half of the soup to the blender, add the roasted garlic, and puree until fairly smooth. If you'd like a chunky soup, add the blended half back to the pot. For a smoother soup, blend the rest of the soup and return it to the pot.
- Add the parsley and salt and pepper to taste, and simmer for about 10 minutes to allow the flavors to blend. Taste the soup, and if it is too acidic, add a little agave nectar or sugar, just enough to take the edge off. Ladle into 4 bowls, and stir a tablespoon of soy yogurt into each.
- Serve with croûtons, if desired.

### Nutrition Facts



 PROTEIN 0%  FAT 0%  CARBS 0%

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

## Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)