

FIRE ROASTED TOMATO BASIL SOUP

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian

Serves: 8 (Serving= 1 cup)

Nutrition (per serving)

Calories: 180

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 560 mg

Total Carbohydrate: 26 g

Dietary Fiber: 6 g

Total Sugars: 8 g

Added Sugars: 0 g

Protein: 10 g

PREP TIME: 10 min

COOK TIME: 8 hours

TOTAL TIME: 8 hours, 10 min



Ingredients

Soup

- 1 large clove garlic, finely chopped
- 1 cup chopped yellow onion
- 1 cup chopped carrots
- ¾ cup chopped celery
- 2 - 15 ounce cans diced fire roasted tomatoes with liquid

Garnish

- Cooking spray
- 4 slices whole grain bread, cut into cubes

- 3 cups unsalted chicken stock
- 1 - 6 ounce can tomato paste
- 1 cup garlic hummus
- ½ teaspoon ground black pepper
- 1 teaspoon cumin

- 1 - 0.75-ounce package fresh basil, stems removed and chopped



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- ½ cup grated Parmesan cheese

Directions

1. Combine all soup ingredients except basil and Parmesan in a slow cooker. Cook on low for 8 hours, stirring as able.
2. Right before serving, spray whole grain bread cubes with cooking spray. Place in the air fryer on 380 degrees for about 1 minute.
3. Serve soup topped with chopped basil, Parmesan and whole grain croutons.