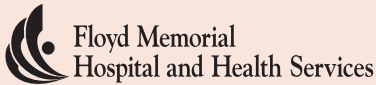


Tomato Basil Soup

- 2 teaspoons olive oil
- 3 garlic cloves, minced
- 3 cups fat-free, less-sodium chicken broth
- 3/4 teaspoon salt
- 3 (14.5-ounce) cans no-salt-added diced tomatoes, undrained
- 2 cups fresh basil leaves, thinly sliced
- Basil leaves (optional)

1. Heat oil in a large saucepan over medium heat. Add garlic; cook 30 seconds, stirring constantly. Stir in the broth, salt, and tomatoes; bring to a boil. Reduce heat; simmer 20 minutes. Stir in basil.
2. *Note: If using fresh tomatoes, add to the oil along with the garlic and cook for 5-10 minutes.
3. Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl, and repeat procedure with remaining soup. Garnish with basil leaves, if desired

Yield: 4 servings (serving size: 1 1/2 cups)



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