



Creamy Basil Tomato Soup

Makes 6 servings

Ingredients

1 tablespoon extra-virgin olive oil
 1 cup diced celery
 1 cup diced carrots
 1/2 cup diced onion
 1/2 cup finely chopped leeks
 1 28-ounce can no-salt-added diced tomatoes
 3 1/2 cups low-sodium vegetable broth

1 1/2 teaspoons fresh thyme leaves
 1/3 cup basil leaves (about 1 ounce)
 1 bay leaf
 2 tablespoons butter
 2 tablespoons all-purpose flour
 1 3/4 cups 2% milk, warmed
 1/4 cup grated parmesan cheese
 salt and freshly ground black pepper, to taste*

Directions

- In a large skillet, heat oil, celery, carrots, onion and leeks over medium heat for 4 to 5 minutes, until just golden-brown. Transfer to a 5- to 6-quart slow cooker.
- Add the diced tomatoes (juice and tomatoes), broth, thyme, basil and bay leaf to the slow cooker. Stir.

(directions continued on back)



MAIN DISH



Directions (continued)

- Cover and cook on low for 6 hours or until vegetables are soft. Remove cover. Take out and throw away the bay leaf. Using an immersion blender, blend soup until smooth. (You can also transfer the soup to a blender in small batches to blend.) Cover.
- In the large skillet, melt the butter over low heat. Add flour and stir constantly for 3 to 4 minutes. Then slowly whisk in 1 cup of the hot soup. Add warmed milk and stir until smooth. Pour into the slow cooker and stir until well-blended. Add parmesan cheese, salt* and freshly ground black pepper.* Cover and cook on low for 30 minutes.
- Serve warm.

*Option not included in nutrition facts.

 = low sodium

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Nutrition Facts

Serving Size 1 1/2 cup (422g)
 Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 260mg **11%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **16%**

Sugars 10g

Protein 5g

Vitamin A 90% **Vitamin C 40%**

Calcium 20% **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
 Carb choices per serving: 1 1/2