



# EASY HOMEMADE **TOMATO SOUP**

## **Ingredients**

- 2 tablespoons butter or olive oil
- 1/2 large onion, chopped
- 3 garlic cloves, chopped
- 5 large carrots, chopped
- 2 cans (14.5 ounces each) peeled tomatoes
- 1 can (8 ounce) tomato paste
- 3 cups water
- 3 cups reduced sodium veggie or chicken stock
- 1 red bell pepper, chopped

## **Instructions**

- Heat butter or oil in a large pot over high/medium heat. Add onion, garlic, and carrots, and sauté until onions are golden brown.
- Add tomatoes, tomato paste, water, and stock. Reduce heat to medium and cook for 15 minutes.
- Add red bell pepper. Continue cooking for 20 minutes on medium/low heat.
- Pour soup into a blender (or use immersion blender) and process until smooth. If using a standard blender, you may need to do this in batches. Add salt and pepper to taste.
- Serve immediately and refrigerate leftovers.

## **Fun Fact**

Stay warm and fueled during the winter months with this homemade tomato soup that's low in fat and loaded with great flavor. It gets an extra nutrition boost from the carrots providing vitamin A and the red peppers providing vitamin C.

**For more information about eating healthy,** you may contact your health coach at [wellness@carehere.com](mailto:wellness@carehere.com) or call 877.866.6430.

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