

Soups and Stews

Creamy Tomato Mushroom Basil Soup

Cindy Zompetti



Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 (14 oz. package) silken tofu, drained
- 2 1/2 cups no-salt-added or low sodium vegetable stock (homemade is the best)
- 1 large sweet onion, chopped
- 16 ounces baby bella mushrooms
- 1 (25 oz. jar) no-salt-added tomato/basil pasta sauce
- 1/2 cup carrot juice
- 1 large clove garlic, chopped or mashed
- 1 tablespoon Dr. Fuhrman's Mato-Zest (or Mrs. Dash no-salt table blend, adjusted to taste)
- 1/2 bunch fresh basil, chopped

Instructions:

Blend tofu with 1/2 cup of the vegetable stock. Set aside.

Heat 2-3 tablespoons of the vegetable stock and saute' the onions and mushrooms until just tender. Add the remaining vegetable stock, pasta sauce, carrot juice, garlic, Mato-Zest, and basil and simmer 5 minutes. Mix in the blended tofu.

Working in batches, puree the soup until smooth and creamy. Re-heat if needed. Add more vegetable stock or water if needed to adjust consistency.

Per Serving:

CALORIES 297; PROTEIN 23g; CARBOHYDRATES 32g; TOTAL FAT 11.6g; SATURATED FAT 1.6g; CHOLESTEROL 3.5mg; SODIUM 105mg; FIBER 7.5g; BETA-CAROTENE 3770ug; VITAMIN C 13mg; CALCIUM 794mg; IRON 5.3mg; FOLATE 103ug; MAGNESIUM 120mg; ZINC 3.4mg; SELENIUM 49.3ug